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**Themes:** Health and Wellbeing, Social Activities, Specific Health Conditions

**Aimed at:** All People

Start your journey to a healthier lifestyle at Bircotes, Retford or Worksop Leisure Centres.

#### WHAT IS LONG TERM EXERCISE REFERRAL?

Long term exercise referral is a referral scheme that aims to improve your health and increase your activity levels. You can access this scheme by speaking to the health care professional at your local surgery. They will refer you to one of our fantastic sites including Bircotes, Retford and Worksop Leisure Centre. This is where your journey to a healthier lifestyle will begin. You will be able to access our fitness suite, specialised fitness classes and swimming sessions, all with the help and guidance of our Exercise Referral Coordinator.

12 week exercise programme tailored to your health related condition.

- Highly qualified staff to offer guidance
- First consultation and session FREE
- Discounted rates, no contract needed

**Area:** Bassetlaw

#### **Contact Details**

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