

**Issues with depression or
Anxiety
or other mental health issues?
Would you like to get fit?
Can't afford usual gym membership?**

**The beneficial effect of physical activity on
mental health is well documented**

**So, if the answer to any of our questions is 'yes'
Then why not take advantage of our -**

**Corporate gym membership with a friendly
gym in Shirley (above Sainsburys)**

**Only costs £12.00 per month = £3.00 a
week (price of a cup of coffee!)**

**go as many times as you like following
induction Attendance at Wednesday drop-in group
optional**

**(You do have to sign up with us as members and
adhere to our constitution and pay your subscription
by standing order or cash payment a month
in advance)**

**For further information or to see our latest
programme**

**see website www.creative-options@weebly.com or
contact Julie on 07738681906**