



CREATIVE OPTIONS
COMMUNITY PROJECT
Registered charity no. 1169194



LOTTERY FUNDED

**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 drop-in 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**

**For further information or to see our latest
programme see website [www.creative-
options@weebly.com](http://www.creative-options@weebly.com) or contact Julie on
07738681906**