

ACTIVE HEALTH

PERSONALISED, SUBSIDISED, ACTIVE PROGRAMMES



ABOUT

If your GP, nurse or Social Prescriber feels that being more active could help your physical or mental wellbeing, a referral from them will give you access to our facilities at a reduced cost, and expert help from our team. You'll get the attention of our well qualified staff, regular support and plenty of encouragement.

LOCATIONS

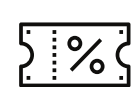
We offer Active Health at the following centres:

Riverside
Leisure Centre

Chelmsford
Sport & Athletics Centre

South Woodham Ferrers
Leisure Centre

PRICE OPTIONS



First 12 weeks:
£5 per session



Or half price membership:
£69 for 3 months



Scan the QR code or visit
chelmsford.gov.uk/Activehealth