

BE ACTIVE

A lifestyle programme for pre-diabetes & type 2 diabetes



A programme from
Sport Canterbury
and the **Specialist**
Diabetes Centre

Linwood Avenue
Union Church

378 Linwood Avenue, Linwood
Tuesday 1pm – 2.30pm
Starting 16 October

For more information and
to register please contact:

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Suitable for all ages (18+) and levels of ability. Join us each week to try a range of low-impact activities, e.g. circuit, badminton, Tai Chi and Zumba. Discuss ways of maintaining a healthy lifestyle, and enjoy the support of others in the group. Cost is \$3 per session.