



Witham Healthier Habits Hub



Join us on Friday 9th May 2025

Drop in 9am to 5pm

Witham Leisure Centre, Spinks Lane, CM8 1EP

- ◆ Health and wellbeing advice and support
- ◆ Cycle challenge from 11am - Cycle to Germany
 - ◆ Exercise demonstrations
 - ◆ Health checks (eligibility criteria applies)
 - ◆ Refreshments
 - ◆ Giveaways
- ◆ Prize draw to win an air fryer
- ◆ Everything is free!

