



**SPORTS PARTNERSHIP**  
HEREFORDSHIRE &  
WORCESTERSHIRE  
[www.morethansport.com](http://www.morethansport.com)



**Worcestershire**



## *MoveMore*Worcestershire

are encouraging adults to start moving more and doing exercise they enjoy. There are lots of great free walking groups available throughout the county which anyone can come along to. We are also giving people aged between 45 and 60 the opportunity to try out free swimming and dancing classes in Redditch, Kidderminster and Worcester.

Starting in mid-May, and running for eight weeks, each activity is designed for all abilities, run in an informal, friendly environment and led by fully trained staff. A variety of locations, days, times and activities are available to suit as many people as possible.

**Move More** is jointly funded and delivered by Public Health, NHS Worcestershire and The Sports Partnership Herefordshire and Worcestershire.

**For more information call 01905 855498 or visit their website**