



ONE YOU

WELLBEING FESTIVAL

READY FOR A HEALTHIER YOU?
Sunday 7 - Sunday 21 May

ONE YOU WELLBEING DAY Sunday 7 May

Come along any time between 11am - 3pm

The Aldershot Garrison Sports Centre,
Rawlinson Road,
Aldershot,
GU11 2LQ

Free parking available.

No high-heeled shoes are allowed to be worn in the sports hall.

A free fun event for all ages:

- Get tips and support to help you feel good – eat well, move more, relax, de-stress, stop smoking and more!
- Get inspired with displays and demonstrations
- Find your new favourite way to get active in the Move More zone – taster sessions throughout the day
- Get your free NHS Health Check (for ages 40-74)
- Drinks and snacks available to buy
- Meet Hampshire Fire & Rescue Service and check out the fire engine

ONE YOU MOVE MORE Monday 8 - Sunday 21 May



Discover your new favourite way to get active.
Two weeks of free, discounted or low-cost activities across Hart, Rushmoor and Waverley.

To find out more visit www.rushmoor.gov.uk/oneyou or call 01252 774228

ALDERSHOT GARRISON SPORTS CENTRE
ONE YOU


North East Hampshire and Farnham
Clinical Commissioning Group


Hart


Waverley
BOROUGH COUNCIL


RUSHMOOR
BOROUGH COUNCIL