

FREE 12 WEEK HEALTHY LIFESTYLE PROGRAMME

FROM NOTTINGHAM RUGBY PLAYERS & STAFF

NUTRITIONAL & PHYSICAL ACTIVITY SESSIONS

STARTS MON 15
MAY 2017

18:00 - 19:30

NOTTINGHAM RUGBY CLUB, THE BAY, 1 HOLME ROAD, LADY BAY, WEST BRIDGFORD, NG2 5AA

A GREAT OPPORTUNITY TO GAIN AN INSIGHT INTO PLAYERS TRAINING METHODS AND USING THEIR RESOURCES.



TO BOOK PLEASE CONTACT MITCHELL HARPER, EVERYONE HEALTH
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Rushcliffe Health Partnership
everyone HEALTH
Change Point.
Nottinghamshire County Council
NHS Rushcliffe Clinical Commissioning Group