

# ChangePoint.

## JUMP AVENUE

### A 12 Week Programme (January - March 2017)

| Service           | Venue  | Day       | Time              |
|-------------------|--|-----------|-------------------|
| Ashfield          | St John's Methodist Church, Titchfield Avenue, Sutton, NG17 1EU          | Thursday  | 4.00 pm – 5.00 pm |
| Bassetlaw         | Kilton Forest Community Centre, Larwood Avenue, Kilton, Worksop, S81 0DA | Wednesday | 5.30 pm – 6.30 pm |
| Broxtowe          | Middle Street Resource Centre, Middle Street, Beeston, NG9 2AR           | Monday    | 4.30 pm – 5.30 pm |
| Gedling           | Arnold Hill Community Centre, Gedling Road, Arnold, NG5 6NY              | Monday    | 4.00 pm – 5.00 pm |
| Mansfield         | St John's Centre, St John Street, Mansfield, NG18 1QH                    | Wednesday | 4.15 pm – 5.15 pm |
| Newark & Sherwood | Lovers Lane Primary School, Warburton Street, Newark, NG24 1LT           | Monday    | 4.00 pm – 5.00 pm |
| Rushcliffe        | Candleby Lane Primary School, Candleby Lane, Cotgrave, NG12 3JG          | Tuesday   | 4.00 pm – 5.00 pm |

A PERSONALISED, FREE LOCAL WEIGHT MANAGEMENT SERVICE FOR YOU

CALL 03330 05 0092\*

To find out further information. Please note exclusions apply  
\*Reduced rate number, Mon-Fri, 8 am – 6 pm. 24 hour voice mail