

Improve your physical health

and wellbeing

Free gym memberships available\*

**Active Norfolk** and the **Norfolk Assistance Scheme** are running a short pilot scheme in West Norfolk offering free gym memberships at **Alive West Norfolk** and £50 of gym clothing.

## Do you fall into the following categories?



Don't have the financial means to pay for a gym membership?



Experiencing feelings of loneliness or social isolation?



Struggling with poor mental health or wellbeing?



Want to get more physically active?

If so, apply online today at [www.norfolk.gov.uk/NAS](http://www.norfolk.gov.uk/NAS) or call 0344 800 8020

*\*Gym memberships available only in West Norfolk. Funding operates on a first come first served basis, and will run until the end of March 2022.*