

Do you live or work in Southwick

and want to have some time for you to take part in activities that will help you feel fitter and healthier?



Change
the Game

Change the Game - Southwick offers free activities to help you get out, meet other parents and carers, have some time without the children as well as taking part in activities to improve your overall wellbeing.

Activities include:

- **Tuesday 9-9.45am Clubbercise**
at Carnival House
- **Thursday 5-6pm Bootcamp**
at St Andrews Methodist church
- **Friday 5-6pm Bootcamp**
at Monkwearmouth School Sports Hall

Bootcamps and clubbercise are open to everyone over the age of 16 and are great activities to enjoy with friends and family.

Our activities are free, so turn up and take part.

To find more:

Scan the QR code below

visit: www.mysunderland.co.uk/change-the-game

Email: changethegame-southwick@sunderland.gov.uk

All information correct at time of printing.

