

Belfast  
active

# HealthWise



The physical activity  
referral programme

- **FREE** leisure centre membership for 12 weeks
- a personalised exercise plan
- supervised gym sessions
- gentle group exercises
- advice on leading a healthier lifestyle

For more information call  
9072 6363 or speak to your  
GP to find out if you are eligible.

 Public Health  
Agency



[www.belfastcity.gov.uk/leisure](http://www.belfastcity.gov.uk/leisure)