

# Healthy habits for your body

**Norfolk Community Learning Services** invite you to join us for a FREE and fun taster session and 4 week course.

**Taster session:  
Tuesday 25 June 2019  
12.30pm to 2.30pm**

**Follow on 4 week course  
starts Tuesday 2 July**

**Charles Burrell Centre,  
Staniforth Road,  
Thetford,  
IP24 3LH**



Whatever our starting point we can all make health choices – what we eat, when we sleep, what we do in our waking hours all make a difference to how well we feel. Build simple habits into your daily routine which help with your well-being.

**For further information and to book your place,  
please contact:**

Christine: [CLDO@norfolk.gov.uk](mailto:CLDO@norfolk.gov.uk)  
or call: 01603 306530