



A
FREE event
for all ages

Kick-start a more active lifestyle

at the Festival of Health & Activity -
the launch event for Liverpool's
'Year of Health & Wellbeing'



10th January
2010

10.30am - 4.30pm
at Lifestyles Tennis Centre
Wavertree Sports Park

Trampolining, Tennis, Dance, Golf, Quasar, Basketball,
Rugby...and much more

FUN FOR ALL AGES!

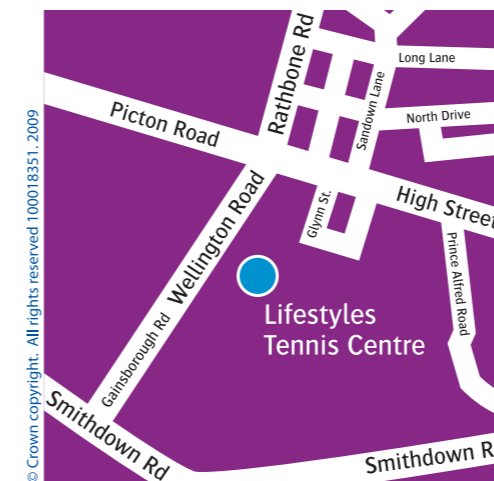
Come and visit the **Festival of Health & Activity** for all the information and advice you need to kick start a healthier, more active lifestyle.

There are lots of **FREE**, fun activities to try, for all ages, including:

- Cookery Demonstrations
- Relaxing Massage Sessions
- Yoga
- Rock Climbing
- Fitness Testing
- Exhibition stands offering advice & testing
- Rugby
- Golf Practice
- Arts + Crafts
- Tennis & Trampolining
- Beat the Goalie

...plus many more activities & performances for you to enjoy!

How to find us



Call SK Events on
0151 522 9362 or visit
festivalofhealthandactivity.co.uk

Lifestyles Tennis Centre,
Wellington Road, Wavertree,
Liverpool L15 4LE



Buses to Picton Road, stop by library -
78, 79, 79c, 61
Buses to Wellington Road - 60, 202, 204

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