



# Active For Life

## Health & Wellbeing Day

**FREE**  
Climbing Wall  
All Day and  
Meet the Fire Service

A day celebrating sport, health and wellbeing opportunities for people living within the Stroud District



## Saturday 8<sup>th</sup> September 2018

For more information contact us... **email:** [hwb@stroud.gov.uk](mailto:hwb@stroud.gov.uk)  
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*thePulse*  
DURSLEY  
Pool | Gym | Studio

everyone  
ACTIVE  
Feel better for it



STROUD  
DISTRICT  
COUNCIL