

Active  
Worthing  
Wellbeing  
Centre CIC

Active  
for  
health



[www.activeworthing.co.uk](http://www.activeworthing.co.uk)

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Palatine Park  
Football Centre,  
Palatine Rd,  
Worthing  
BN12 6JN

## We can help you stay active for health

The Active Worthing classes can help you manage long term health conditions and injuries.

Our specialist instructors are qualified in:

Falls prevention  
Cardiac Rehab  
Exercise After Stroke  
Pulmonary Rehab  
Cancer Rehab  
Mental Health  
Low Back Pain  
Obesity and Diabetes  
Neurological Conditions

### Prices For Gym/Exercise Referral

#### Option 1

£25 Monthly Direct Debit

#### Option 2

£35 Registration fee

£6 Pay as you go

£30 annual renewal

Ask any medical professional  
for a referral to Active Worthing