

WITHIN REACH



Health and Wellbeing Roadshows

Keeping active and feeling healthy is an important goal for all of us, regardless of age, fitness and ability.

These Roadshows will showcase Health and Wellbeing activities in and around Sheffield for Disabled People.

The Roadshows are free, you don't need to register just turn up!

For more information please contact Activity Sheffield

Tel: 0114 273 4266 • Email: activity.sheffield@sheffield.gov.uk

 [www.twitter.com/Activitysheff](https://twitter.com/Activitysheff)

 www.facebook.com/Activitysheffield

Sheffield
City Council



Health and Wellbeing Roadshows

The timetable of activities for each Roadshow varies, please contact us for more information.

Paces School

Sunday 30 October, 11.00 am – 2.00 pm

English Institute of Sport Sheffield

Sunday 6 November, 10.00 am – 1.00 pm

Concord Sports Centre

Tuesday 15 November, 10.30 am – 1.30 pm

Westfield Sports Centre

Saturday 3 December, 1.00 pm – 4.00 pm

Wisewood Sports Centre

Tuesday 24 January, 10.00 am – 1.00 pm

Thornccliffe Health and Leisure Centre

Saturday 18 February, 11.00 am – 2.00 pm

Graves Health & Sport Centre

Monday 20 February, 1.00 pm – 4.00 pm

iceSheffield

Friday 24 March, 1.00 pm – 3.00 pm

