

# FREE

Keeping Healthy event for people with learning disabilities and autistic people who live in Rotherham, Doncaster, or Sheffield.

Come along and take part in an action packed day

Try activities and workshops on Health Action Plans, Sexual Health and Screening, Boccia, Curling, Smoothie Bike, Table Tennis and TRX.

**12th February**  
**10.30-2.30pm**

**Rotherham Leisure Complex**

Free refreshments and healthy snacks

To find out more or to book your place please contact Speakup: 07392091286 or email [Sally@speakup.org.uk](mailto:Sally@speakup.org.uk) Please note that booking is essential.

