

One You Walsall are pleased to invite you to our face to face and virtual healthy lifestyle sessions below.

Pelsall Community Centre

Station Road, WS3 4BQ

TUESDAYS

**Weigh-in, Workshop &
Gentle Exercise**

1pm—2.45pm

Willenhall Chart Centre

19 Gomer Street WV13 2NS

THURSDAYS

**Weigh-in, Workshop and
Gentle Exercise**

10:30am—12:00pm

The Crossing at St Paul's, Walsall Town Centre

Darwall St, Walsall, WS1 1DA

MONDAYS

**Weigh-in, Workshop &
Gentle Exercise**

10:30am—12:00pm

Virtual Workshop

via Zoom

MONDAYS

6pm—7pm

To express your interest for any of these sessions,
call [01922 444044](tel:01922444044) today or book in with your
healthy lifestyle specialist.