

GET ACTIVE IN CRINGLEFORD

FREE advice on staying active and healthy with the Help Hub team at:

 Dragonfly Lane Recreation
Ground, Cringleford NR4 7JR

 Wednesdays, 16 September
to 21 October, 12:30pm until
3:30pm

Drop in to speak with the team.

Bookable community group
sessions also available with a Broadly
Active Fitness Advisor to demonstrate
the outdoor gym equipment.

Scan the QR code for more
information or search.

Outdoor gyms
Broadland

