

Active⁷

wants to

THANK YOU!

Go ahead and DANCE!

If you would like to find out about joining a dance class near you please visit our website for more info -

www.active-7.org



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- ◆ For those who regularly attended Active7, you slightly **increased** your daily physical activity levels. You said that you **enjoyed** the sessions and had **fun!**
- ◆ Being physically active is important! Did you know that just **60 minutes** of activity that leaves you slightly breathless and sweaty a day, can make a real difference to your health?
- ◆ We hope you enjoyed being part of the **Active7 story**. Your support is vital to our research so...

THANK YOU!

