

**ARE YOU UNDER 16?**

**DO YOU WANT TO GET ACTIVE?**

**Get involved in the Urban Energy Project**

## If you want to get healthy, get involved in the Urban Energy Project

The Urban Energy Project is a series of fun activity workshops for young people aged between 5 and 16 who want to burn some serious energy, learn new skills and look good. The sessions are completely free and will help you get active and happy.

### EVER WANTED TO TRY SOME DANCE, ROWING OR BOX FIT CLASSES?

If you join the course, you'll be able to take part in all sorts of different activities. There are different courses for different age groups so you'll be able to meet other people and make new friends while you get fit. We have sessions for 5–7 year olds, 8–11 year olds and 12–16 year olds. Sessions are for young people who need to lose weight and get more active to improve their health.

#### How do I get involved?

The course runs throughout the year so you can join in at any time. The activities take place **once a week** in and around **Wandle Recreation Centre** in Wandsworth. If you want more details about the classes and information about whether the course is right for you, telephone us on **020 8812 7614** or send us an email at [getactive@wpct.nhs.uk](mailto:getactive@wpct.nhs.uk)

#### How do I get to the recreation centre?

Wandle Recreation Centre is right next to King George's Park and Garratt Lane. You can get there by hopping on a bus (routes 44, 270, 39, 37, 170, 28) catching the tube (Southfields) or jumping on a train (Wandsworth Town or Earlsfield).