



Move & Groove

Activity sessions for primary schools pupils in Preston, Chorley and South Ribble.

Experienced lifestyle coaches will work with you to create tailored sessions to fit the needs of the school and its pupils.

Sessions last for up to one hour for up to six weeks and are designed so school staff can continue to deliver sessions once the programme has finished.



Contact us - call **01772 286 382**

Email: centrallancs@ablhealth.co.uk Visit www.ablhealth.co.uk/central-lancs

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