



FUNDED GYM SESSIONS FOR WOMEN & GIRLS

OFFERING FUNDED GYM SESSIONS FOR DISADVANTAGED & VULNERABLE FEMALES WITHIN THE BLACKBURN WITH DARWEN COMMUNITY. AIMING TO PROMOTE POSITIVE CHOICES, CREATING HEALTHIER LONGER & MORE FULFILLING LIVES.

BENEFITS INCLUDE:

- Full gym induction & gym program
- Regular program reviews
- Weight & Measurements monitored
- Tailored support
- Nutrition support & goal setting

**MAKE FRIENDS
PEER SUPPORT
GAIN SKILLS
BUILD CONFIDENCE
FEMALE ONLY
GRANT FUNDED**

**THE BILLY PROJECT CIC
UNIT 5 PARKSIDE UNITS
ALBERT ST
BLACKBURN
BB2 4BL**

**Tel: 07939832216
Email: leanne@thebillyproject.co.uk**

**A short walk from Mill Hill bus & train station
A five minute walk from Ewood bus stop**