

Would you like some help to get more active?

If you would like to get more active to improve your health and well-being with some help and support then Get Set to Go Dudley is for you!

Get Set to **GO**

What we offer:

- A safe, friendly and relaxed environment with like-minded people
- Weekly sports and physical activity sessions, including Tai Chi, football, yoga, swimming, Zumba and jogging.
- Monthly taster sessions where you can try out new sports and activities.
- Initial and ongoing support to help you get more active and stay active
- Most sessions are free or offered at low-cost



Who is it for?

Anyone aged over 18 years old who lives in Dudley or the surrounding area and has experience of mental health problems like stress, anxiety or depression (but you don't need to have a formal diagnosis) and who wants to get more active with support and improve your well-being.

Getting active through Get set to Go has really helped me to feel better about myself and life in general. It helps me to feel less stressed and has given me lots more energy to do things. Everyone is really friendly and helpful. Have a go, you might just like it!

Mark, service user

Being active can help you to:

- Improve your health and wellbeing
- Reduce stress and manage stress better
- Boost your confidence
- Feel better about yourself
- Sleep better
- Make new friends

And many more benefits!

Want to find out more?

Just contact James, our friendly Get Set to Go Co-ordinator on 01384 442938 or visit www.dudley.org.uk and click on Sport for more information.

