

FREE Training Drop-Ins in Seaside for a Healthy You



Have you never used a computer and not sure where to start? Then come along to our FREE Training Drop-Ins.

Sessions are held at the Bodyclub, 125 Seaside in Eastbourne (next to the Territorial Army) every Thursday afternoon (2-4pm).

At the Drop-Ins you will receive 1-2-1 help in a friendly and relaxed environment and at your own speed.

As we're concerned about the whole of your health you can also access the following:

- ↓ Help With Your Finances
- ↓ Job Search Advice
- ↓ Free Body Health Check
- ↓ Nutrition & Fitness Advice



You can also enjoy healthy shakes and smoothies in the cafe as we're looking after the whole of you!



Location **South East, East Sussex**
<https://www.freeadsz.co.uk/x-462364-z>

A Healthy You! Have you never used a computer and not sure where to start then come along to our FREE Training Drop-Ins every Wednesday and Thursday afternoon at 125 Seaside in Eastbourne (next to the Territorial Army). At the Drop-Ins you will receive 1-2-1 help in a friendly and relaxed environment and at your own speed. As we're concerned about the whole of your health you can also access the following: Free body healthcheck Nutrition & fitness advice Laughter Yoga (starting 16th June) You can also sign up to East Sussex Credit Union where you can access competitive savings and sensible borrowing. Just bring 2 forms of ID with you! Healthy body, healthy mind and financial well-being. Looking after the whole of you! No need to book in advance – just drop in between 2-4pm. This project is funded by the Devonshire West Big Local.;



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