

# Sandwell



## HEALTHY LIFESTYLE SERVICES



**FIRST  
12 WEEKS  
FREE**

To book your initial appointment with one of our friendly healthy lifestyle specialists:

Call: 0121 366 0966

or visit: [www.mytimeactive.co.uk/sandwell](http://www.mytimeactive.co.uk/sandwell)

Twitter: @SandwellIMTA

Facebook: SandwellIMTA

mytimeactive  
*Feel amazing!*

