



# Its 2010 - A New Decade!

## How about a New You?

Interested?

If so, join SYCIL's  
**Skilled for Health** programme to improve  
your health and wellbeing.

How?

Attend a taster session on 1<sup>st</sup> February

Then sign up for a 12 session course (to be run over 6 weeks - 4  
hours per week)

**All Welcome!**

✓ Look at Your Health & Wellbeing



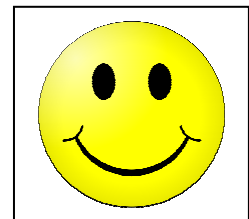
✓ Look at Healthy Eating



✓ Find out about keeping active

✓ Meet new friends - & have fun!

All sessions to be held in SYCIL's fully accessible venue:  
**M&M Business Park, Doncaster Road,  
Kirk Sandall, Doncaster DN3 1HR**



Don't miss out - Tel 01302 892949 to book your place, or email [jo.r@sycil.org](mailto:jo.r@sycil.org)  
Places are completely free, and will be allocated on a first come first serve basis  
**Refreshments will be served**

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