

## ACTIVE LIVES & HEALTHY WEIGHT

Active Lives & Healthy Weight services offer community weight management and targeted physical activity programmes which run for 12 weeks following an initial assessment upon referral. Referral can be made via health professionals or self-referred by individuals looking to take up the programme. Services available to children (5+), adults and family.



AREA	PROVIDER	CONTACT DETAILS	ADDRESS & TEL
YMCA (Fylde & Wyre)	 POWERED BY YMCA	Email: <a href="mailto:yourmoveprogramme@fyldecoastymca.org">yourmoveprogramme@fyldecoastymca.org</a> Website: <a href="http://fyldecoastymca.org/">http://fyldecoastymca.org/</a>	Head Office: St Albans Road, St Annes, Lancashire, FY8 1XD Tel: 01253 882105
Lancaster		Email: <a href="mailto:activelives@lancaster.gov.uk">activelives@lancaster.gov.uk</a> Website: <a href="https://www.lancaster.gov.uk/salt-ayre-leisure-centre/active-lives">https://www.lancaster.gov.uk/salt-ayre-leisure-centre/active-lives</a>	Salt Ayre Leisure Centre Doris Henderson Way Lancaster LA1 5JS Tel: 01524 582052
ABL (Greater Preston, South Ribble & Chorley)		Email: <a href="mailto:admin@ablhealth.co.uk">admin@ablhealth.co.uk</a> Website: <a href="http://www.ablhealth.co.uk/central-lancs/">http://www.ablhealth.co.uk/central-lancs/</a>	Head Office: ABL Health, 71 Redgate Way, Bolton, BL4 0JL Tel: 01772 286382
West Lancashire		Email: <a href="mailto:activewestlancs@westlancs.gov.uk">activewestlancs@westlancs.gov.uk</a> Website: <a href="https://activewestlancs.org/wp/">https://activewestlancs.org/wp/</a>	Leisure & Wellbeing, Robert Hodge Centre, Stanley Way, Skelmersdale, WN8 8EE Tel: 01695 585145
Up & Active (East Lancashire)		Email: <a href="mailto:info@upandactive.co.uk">info@upandactive.co.uk</a> Website: <a href="http://www.upandactive.co.uk/">http://www.upandactive.co.uk/</a>	<b>Burnley</b> 01282 477134 <b>Pendle</b> 01282 661226 <b>Hyndburn</b> 01254 385945 <b>Rosendale</b> 01706 221524 <b>Ribble Valley</b> 01200 414484