



Personalised Movement

that supports
your health.



**Integrated
Care System**
Shropshire, Telford and Wrekin



good boost



Good Boost is a friendly, clinically backed movement programme designed to help you move comfortably and confidently.

Each session adapts to you, your goals, your ability, and how you feel that day.

Available on **Land** and in **Water**, supported by trained facilitators in your local centre.

For class times and prices please contact your nearest centre:

Telford & Wrekin:

- Wellington Civic and Leisure Centre
- Abraham Darby Sports and Leisure Centre

Shropshire:

- The Quarry Swimming and Fitness Centre
- Oswestry Leisure Centre
- Whitchurch Swimming and Fitness Centre
- Teme Ludlow
- Church Stretton Leisure Centre
- Bridgnorth Endowed Leisure Centre
- Bishop's Castle Sports Centre
- Market Drayton Swimming and Fitness Centre



Ask about Good Boost sessions at your local centre.