



# FIT FANS



*Get healthy and have fun with the Wigan Fit Fans programme – FREE to all men over the age of 25.*

**STARTS TUESDAY 23 SEPTEMBER 6PM – 8PM  
MONTROSE SKILLS HUB**

Fit Fans is a 12 week programme that allows you to:

- Take part in football and sports sessions
- Receive FREE health checks and workshops
- Get healthy and have fun
- Earn a Wigan Athletic replica shirt by completing the course



Bridgewater Community Healthcare   
NHS Trust

**For information on sessions call 01942 488 530  
or e-mail [c.baxter@wiganathleticct.com](mailto:c.baxter@wiganathleticct.com)**

 [@LaticsCommunity](https://twitter.com/LaticsCommunity)



# FIT FANS



*Get healthy and have fun with the Wigan Fit Fans programme – FREE to all men over the age of 18.*

**STARTS MONDAY 29 SEPTEMBER 1PM – 3PM  
MONTROSE SKILLS HUB**

Fit Fans is a 12 week programme that allows you to:

- Take part in football and sports sessions
- Receive FREE health checks and workshops
- Get healthy and have fun
- Sports courses and workshops available to all participants
- Earn a Wigan Athletic replica shirt by completing the course



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# FIT FANS



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**STARTS MONDAY 29 SEPTEMBER 6PM – 8PM  
SHAKERLEY COMMUNITY CENTRE**

Fit Fans is a 12 week programme that allows you to:

- Take part in football and sports sessions
- Receive FREE health checks and workshops
- Get healthy and have fun
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# FIT FANS



**GET HEALTHY AND HAVE FUN WITH THE WIGAN FIT FANS PROGRAMME – FREE TO ALL MEN OVER THE AGE RANGE OF 25.**

Fit Fans is a 12 week programme that allows you to:

- Take part in football and sports sessions
- Receive **FREE** health checks and workshops
- Get healthy and have fun
- Weekly taster sessions at Abraham Guest Academy on Wednesday evenings 5.45 - 6.45pm
- Earn a Wigan Athletic replica shirt by completing the course



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