



# JUST

★ GET INVOLVED ★

SOUTH  
LEICESTERSHIRE

# JUST GET INVOLVED 2023

Do you want to make a change and be more active in 2023? - We can help you!

JUST Get involved is a 9 week physical activity programme which aims to encourage and empower local women to try new activities and be more active!

Running from the 23rd Jan to 26th March 2023, you can access a huge range of activities and claim FREE rewards for your attendance along the way! You dont have to be sporty or even have done an exercise class before, JUST is for women of all abilities.

Scan the QR Code to find out more and sign up!



 [just@harborough.gov.uk](mailto:just@harborough.gov.uk)



@Justgetinvolved