



**Who enjoys being outdoors,
conserving the environment,
and has fun working as a team,
benefitting fitness & well-being?**

We all do, at

CHIPPING
NORTON

GREEN
GYM[®]



**CHIPPING
NORTON** **GREEN
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meet on
Wednesday
mornings
from 10 to 1
throughout
the year.



A site at Evenlode





Founded in 1998 by Dr William Bird,
Green Gym is recommended by GPs nationwide.



One of over 140 such groups in the U.K.,



offers volunteers

- ✿ Free membership, and jobs for all
- ✿ No experience needed: training given
- ✿ Those with learning difficulties welcome
- ✿ Lifts to worksites often available

We are affiliated to the national charity



More details on 01608 643 269
and at www.chippygreengym.org



Activities are light to vigorous



And you can learn new skills



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email us via **www.chippygreengym.org**



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