

An exciting **NEW** local service is now launching in Moray

The **Heart of Moray** is about local people improving our health and wellbeing with friendly new uses of local community spaces, to help us all feel good together.

The **Heart of Moray** is available now at the Moray Leisure Centre.

new ways to be more active

learn more about the food we eat

learn more about the lifestyle choices we make

spaces to enjoy social get-togethers

friendly, knowledgeable staff to help you

support to maintain or lose weight in a healthy way

Everyone is welcome. No Lycra required!



Find out more about
what's at the Heart
of Moray for you

heartof.co.uk/moray

