



**SPECIAL OFFER FOR LATERLIFE READERS.**

**FREE TWO-DAY PASS AT YOUR LOCAL NUFFIELD HEALTH FITNESS & WELLBEING CENTRE**

With spring well on its way, there has never been a better time to get healthy and recharge your batteries. But it can be a bit daunting to know where to start.

**Nuffield Health Fitness & Wellbeing Centres**, formerly Cannons Health Clubs, are offering Laterlife readers a **free two day pass** so you can visit your local centre and find out what it has to offer - a combination of great fitness facilities, professional health services and highly qualified staff to help you every step of the way.

If you decided to join, Nuffield Health won't just take your membership fee and leave you to your own devices; instead they give all their members a mass of personal support and free and regular Health MOTs to make sure you are on the right track.

If your health improves, then they will reward you with a free month's membership or a personal training session\*. They really are keen to help everyone – even people our age – to get fitter and healthier.

\* Subject to Terms and Conditions

**TO OBTAIN YOUR FREE 2 DAY PASS JUST PRINT THIS PAGE, COMPLETE THE FORM BELOW AND HAND IT IN TO YOUR LOCAL NUFFIELD HEALTH CENTRE.**

NAME:	
ADDRESS:	
POSTCODE:	
EMAIL:	
PHONE NUMBER:	

