

# FREE Training Drop-Ins in Seaside for a Healthy You



**BODYCLUB**  
THE WELLNESS BUSINESS

## FREE TRAINING DROP-INS

Have you ever used a computer and not sure where to start? Then come along to our FREE Training Drop-Ins.

Sessions are held at the Bodyclub, 125 Seaside in Eastbourne (next to the Territorial Army) every Thursday afternoon (2-4pm).

At the Drop-Ins you will receive 1-2-1 help in a friendly and relaxed environment and at your own speed.

As we're concerned about the whole of your health you can also access the following:

- Help With Your Finances
- Job Search Advice
- Free Body Health Check
- Nutrition & Fitness Advice

You can also enjoy healthy shakes and smoothies in the cafe as we're looking after the whole of you!

Funded by Devonshire West Big Local

EAST SUSSEX CREDIT UNION

www.helenowen.org  
**HOME**  
Helen Owen Marketing Enterprises

Location

South East, East Sussex

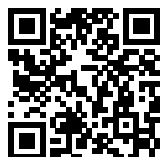
<https://www.freeadsz.co.uk/x-462364-z>

A Healthy You! Have you ever used a computer and not sure where to start then come along to our FREE Training Drop-Ins every Wednesday and Thursday afternoon at 125 Seaside in Eastbourne (next to the Territorial Army). At the Drop-Ins you will receive 1-2-1 help in a friendly and relaxed environment and at your own speed. As we're concerned about the whole of your health you can also access the following: Free body healthcheck Nutrition & fitness advice Laughter Yoga (starting 16th June) You can also sign up to East Sussex Credit Union where you can access competitive savings and sensible borrowing. Just bring 2 forms of ID with you! Healthy body, healthy mind and financial well-being. Looking after the whole of you! No need to book in advance – just drop in between 2-4pm. This project is funded by the Devonshire West Big Local.;



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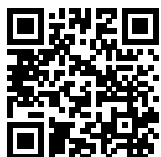
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