

Date for Release	From	Contact Tel	Email
01/05/2007 For Immediate Release	Fiona West Marketing Manager	01454 867062	fiona.west@southglos.gov.uk

Title:

Your Guide to Good Health

Body:

Following its success in previous years, Bradley Stoke Leisure Centre is holding its 3rd 'Guide to Good Health Day'. This year it is expected to be bigger and better than ever with over 40 exhibitors attending.

The event takes place on **Sunday 13th May** and it all kicks off at 11.00am and will be running until 4.00pm. The day is **FREE** for all and offers something for everyone.

There will be activities running throughout the day including free taster spinning sessions, salsa and swim fitness; so be sure to bring your swim kit.

FREE information and advice including blood pressure checks, exercise advice and free foot and back massages will also be available.

The event has been sponsored by Healthyshoes who in conjunction with Bradley Stoke Reflexologist, Clarence Forteau and 'Foot Factor' are running a 'Healthy Feet' competition. The winner with the best feet will receive £500 cash prize.

This really is the place to be for learning about the best way towards a healthy life!!

Ends

Notes for Editors:

- **South Gloucestershire Leisure Ltd** - South Gloucestershire Leisure Ltd is a charitable trust established in November 2005. It operates the four leisure centres in South Gloucestershire on behalf of South Gloucestershire Council. The Trust is overseen by a board of voluntary trustees.
- **Press releases** - All press releases can be found online at: www.sgleisure.org/press_releases

South Gloucestershire Leisure

Head Office, Bradley Stoke Leisure Centre, Fiddlers Wood Lane, Bradley Stoke, South Gloucestershire. BS32 9BS
T: 01454 865798. F: 01454 867048. E: leisure@southglos.gov.uk. W: www.sgleisure.org
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