



GP Movement and Activity Programme



High Life Highland
Highlifehighland.com



GP MOVEMENT AND ACTIVITY PROGRAMME

NAME OF PATIENT:

Please contact your local leisure centre (either in person or by phone) to arrange an appointment with a member of the High Life Highland team to gain your free 7 session pass and an introduction to everything the facility has to offer which can benefit your health and wellbeing.

Please inform the receptionist/member of the High Life Highland team that you would like to take part in the GP Movement and Activity programme.

Please bring this slip with you to the facility on your first visit.
You can contact:

Inverness Leisure

Bught Ln, Inverness
IV3 5SS

Tel: 01463 667500

If you have any difficulties in contacting your local leisure centre you can email: active.health@highlifehighland.com



High Life Highland
Highlifehighland.com

