



Improving lives **together**
Norfolk and Waveney Integrated Care System

activeNoW

Supporting people in Norfolk and Waveney to be more active

Active NoW is the physical activity referral programme for Norfolk and Waveney!

Have you been thinking about improving your health?

Now could be the right time to start making healthier choices. Our team will:

- Provide you with a range of activities
- Tailor a programme based on your health needs and lifestyle
- Support you with your movement journey

To find out more, speak to your nurse or doctor about your referral options.



Scan to see how you can improve your health

