



ELF Project

**Eat well
Live well
Feel good**

Starts Thursday 12 January 2023

Multi Sports Session

Leisure Centre membership needed

Thursday 1pm to 2.30pm

Becontree Heath
Leisure Centre



Swimming

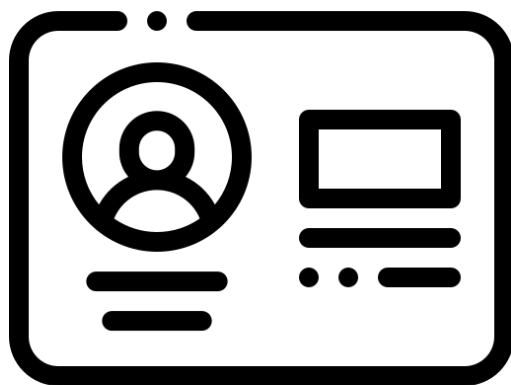
Leisure Centre membership needed

Wednesday 12noon to 1pm Abbey Leisure Centre

Healthy Eating at the ELF Health Group

Wednesday 10am to 12noon

Elim Church Hall, 947 Green Lane, Dagenham



Leisure Centre Membership Information

A membership is needed for all sessions in leisure centres

Cost is £52 per year

For access to Gym and sessions

Speak to instructors at the sessions or reception at Abbey or Becontree

Contact Details for more information

Name	Phone	Email
Natalie Wallis	020 8227 3110	natalie.wallis@lbbd.gov.uk
June Yates	020 4513 7136	june.yates@lbbd.gov.uk

Information correct as of 30 November 2022

**Barking &
Dagenham**