



# PALS

Arweinwyr • Heini • Cadarnhaol  
Positive • Active • Leaders



## Join Our PALS: Positive Active Leaders Programme

Designed to break down the barriers that often prevent women from participating in physical activity, this programme is all about building confidence and fostering a positive outlook on staying active.

### What the PALS Programme offers:

- ♥ **Active Female-Only Weekly Sessions**  
Enjoy a comfortable and supportive environment just for you.
- ♥ **Team and Social Opportunities**  
Connect with others through team-based activities and social events.
- ♥ **Opportunities to Make Friends**  
Build lasting friendships and enjoy being part of a community.
- ♥ **Girl Packs**  
Receive resources and gear to keep you motivated.
- ♥ **Feel Empowered**  
Be part of something meaningful and empowering.
- ♥ **Welcoming Spaces and Support**  
We provide a safe and encouraging atmosphere for all.
- ♥ **Become a Role Model and Leader**  
Grow your leadership skills and inspire others.

**Get Involved!** Email us: [activecambria@cambria.ac.uk](mailto:activecambria@cambria.ac.uk)  
or speak to one of the Active Cambria team at your site.

**Take the first step towards a more active and empowered you!**