

Are you thinking about improving your health and wellbeing?

If so, come and try a class at your village hall

Gentle beginner sessions, especially for people over 50 who haven't been active in a while

Tuesdays

Table Tennis, 1.45 - 3.15pm
Bowls, 3.15 - 4.30pm

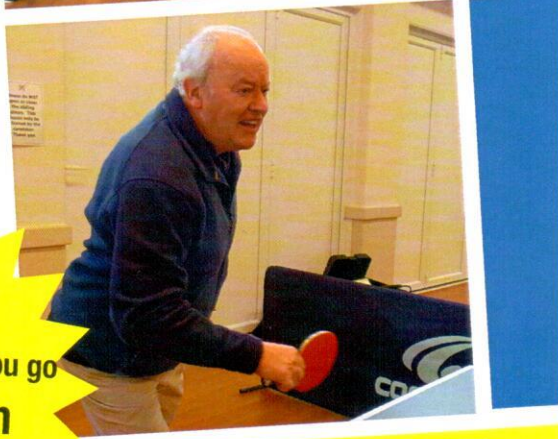
Thursdays

Tai Chi, 10 - 11.30am
Yoga, 11.30am - 1pm
Archery, 2.30 - 4pm

The Nigel Poulton Community Hall,
School Lane, Watton-at-Stone,
Herts, SG14 3SF

If you have any questions, contact
Jane Allsop Tel: 01920 830330
E: clerk@watton-pc.org.uk or
John Meischke Tel: 07970 083256
E: john.meischke@ntlworld.com

£3
per session, pay as you go
First session is free!



Fun, healthy and active



 @foreveractivEH

www.foreveractiveeh.org.uk

