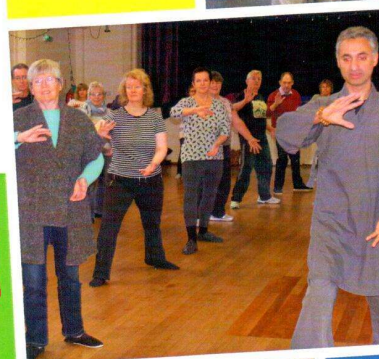


# Are you thinking about improving your health and wellbeing?

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

Tai Chi and Yoga have moved to Tuesday mornings - no change to the class times

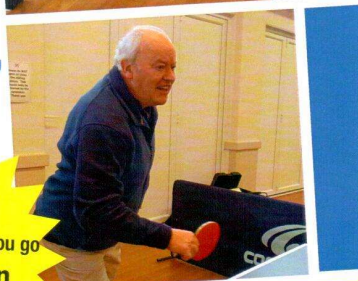
## Thursdays

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](mailto:clerk@watton-pc.org.uk) or  
John Meischke Tel: 07970 083256  
E: [john.meischke@ntlworld.com](mailto:john.meischke@ntlworld.com)

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



Fun, healthy and active



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