

FREE EXERCISE CLASSES for residents of **PLAISTOW SOUTH**



WHERE: The Memorial Community Church
395 Barking Road London E13 8AL

WHEN: Weekly on Friday's

TIME: 11am – 12.30 pm

COMMENCES: November 2023 to March 2024

ELIGIBILITY: This activity is part of the Well-Being Programme run by the Drop-In Bereavement Centre for the **OVER 50's** and is **FREE** for the local community residing in **PLAISTOW SOUTH**. Each session will cover a mixture of strength, cardiovascular and stretching activities.

Booking is required prior to attending so please contact us for more information and to secure your place on:

0207 511 6444 or 07396 016523

Email: dropinbereavement@btinternet.com

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