

FREE WEEKLY KEEP FIT CLASS

STARTS FRIDAY 26TH APRIL 2024

for the OVER 60's

MAKE NEW FRIENDS

KEEP YOUR BODY & MIND IN GOOD SHAPE THROUGH
MOVEMENT, EXERCISE & DANCE

ALL FITNESS LEVELS CATERED FOR



WHERE: St Bartholomew's Church & Centre
292b Barking Rd, East Ham,
London E6 3BA.

WHEN: Weekly on Friday's

TIME: 1pm to 3pm (Warm up starts at 12.45pm)

STARTS: 26th April 2024

ELIGIBILITY: This activity is part of the Well-Being Programme run by the Drop-In Bereavement Centre for the OVER 60's. Each session will cover a mixture of strength, cardiovascular and stretching activities.

BUSES: 115, 5, 58, 300, 101, 238, 376.

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



dropinbereavement@btinternet.com
www.thedropinbereavementcentre.co.uk

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