Get active 50+ for longer, healthier, happier lives

Feel stronger and more mobile

FREE Strength & Balance taster class

Wednesday 13 September 1.30pm to 2.30pm

Epsom Methodist Church
77 Ashley Road
Epsom
KT18 5AQ

Weekly classes from 20 September to 8 November
£4 per class, £1 discount for church members

For full list of classes in other areas visit www.activesurrey.com/over50s

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EPSOM & EWELL BOROUGH COUNCIL

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Would you like to be more active and independent?

Classes to help you feel stronger and more steady, improve your balance and increase your confidence for everyday activities.

The classes are suitable if you can:

- Stand up from a chair independently
- Stand unsupported for up to 5 minutes
- Take part in a group exercise

To book
Call Karen on 07771 647132
Email epsomstrength.balance@gmail.com

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