



Gentle Exercise for the over 60's and less able of all ages

Join one of our weekly sessions at various community venues.

Sessions last one hour and cost £2 to participate.

Benefits of being active:-

Meet up with old friends and make new ones, makes your heart stronger, maintains and protects healthy bones, improves mobility.

Healthy Heart
Balance
Fun
Healthy Bones
Independence
Lowers Blood Pressure
Friends
Music
Socialise
Co-ordination
Strength
Feel Good
Mobility

Call now on 0121 289 3038, or email info@agewelluk.org.uk to find out where your nearest session is taking place. Our friendly team is waiting for your call.

Brought to you by Agewell in partnership with Mytime Health.

www.agewelluk.org.uk