

Ageing Well in Mendip



- Get fitter
- Feel better
- Meet new people and have a laugh!



Class Name	Where?	When?	Cost
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Movement to Music - A fun and lively choreographed class.

Frome	Fri, 10am	
Wells	Tues, 10am	

£6

Strong and Steady - To improve strength and balance, helping to keep you steady on your feet and avoid falls.

Frome Oakhill Wells	Call 01823 345614 for details	
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£6

Tai Chi QiGong - Easy to learn gentle movements, to improve balance, flexibility and strength. Good for mind, body and wellbeing. Movements can be done seated or standing.

Frome	Tues, 10:30am	
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£6

For more information please call Age UK Somerset on 01823 345624
email: ageingwell@ageuksomerset.org.uk or visit www.ageuksomerset.org.uk