

Ageing Well in Sedgemoor



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

Class Name	Where?	When?	Cost
Sit, Fit and Fun - Gentle, fun, chair based exercises.	Bridgwater	Thurs, 10am	
	Cannington	Mon, 2pm	£4
	North Petherton	Mon, 11am	
Movement to Music - A fun and lively choreographed class.	Bridgwater	Tues, 2.30pm	£6
	Cheddar	Tues, 2pm	
Strong and Steady - To improve strength and balance, helping to keep you steady on your feet and avoid falls.	Axbridge, Bridgwater, Burnham, Shipham, Weston-zoyland	Call 01823 345614 for details	£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.	Berrow	Mon, 2pm	£6
	Cannington	Thurs, 10.30am	£5
Yoga - Combines breathing with movement, to calm the mind and improve strength and flexibility.	Bridgwater	Wed, 10:30am	£6

For more information please contact Age UK Somerset - 01823 345624
ageingwell@ageuksomerset.org.uk www.ageuksomerset.org.uk