

ActiviTEA

Age UK Stockport, Life Leisure and The Cherry Tree Project have joined forces to cook up a storm with our new ActiviTEA lunch club. ActiviTEA is an interactive and fun session for older adults that combines food and exercise, the perfect recipe for helping you to stay healthy!

Once you've worked up an appetite with the seated exercise delivered by a Life Leisure instructor, the amazing volunteers at The Cherry Tree project will help you to prepare delicious, simple and nutritious recipes that you will want to make again and again.



WHEN & WHERE

The sessions will take place each Friday at: 12.00PM until 2.00PM.

The sessions are held at: The Cherry Tree, Romiley, Stockport, SK6 4EY.

HOW TO BOOK

To book onto the session or for more information, email info@ageukstockport.org.uk or call 0161 480 1211. If you have any dietary requirements then please let us know when booking. Places are limited, so book ahead to avoid disappointment. We look forward to seeing you there.