

Join us for a range of activities and classes in Redditch!

We'd love to see you!

There are a variety of activities and classes taking place at venues across Redditch, providing great opportunities to socialise, join in and relax in a friendly atmosphere!



Community House

103 Easemore Road, B98 8EY

- **Gentle Keep Fit - Monday**
11.00am-12.00pm
- **Art Class (for everyone) - Tuesday**
11.00am-1.00pm
- **Indoor Bowls - Wednesday 2.00-4.00pm**
- **Move More with Dawn (rhythmic gentle exercise to music) Thursday**
10.45-11.45am

Ecumenical Centre

6 Evesham Walk, B97 4EX

- **Tai Chi - Thursday 2.30-3.30pm**

Webheath Village Hall

Heathfield Road, B97 5SQ

- **Gentle Keep Fit - Wednesday 2-3pm**

New Activity at Community House from 21st January

- **Seated Yoga (Fridays 1.30-2.30pm) with Natasha**
 - Age UK BRWF has launched a new Seated Yoga Class, which features adapted Yoga moves to help improve mood, attention and enhance the mind-body connection
 - £4 a session
 - **No need to book, so why not come and #GiveItATry!**



For more information please call

Email: enquiries@ageukbrwf.org.uk

Visit: www.ageuk.org.uk/brwf

01527 570490