

Are you over 50?

Do you want to lose weight and get fit?

If yes, attend our **FREE**

12 week programme

Each 2.5 hour session includes healthy eating, weight management, exercise, advice & support

COMMUNITY FIT CLUB

Age UK-Dudley



Delivered by
**Jane Lewis and
Emma Weyman**



Thursday's from
10am to 12.30pm
Brierley Hill Methodist Church
24 Bank St, Brierley Hill DY5 3DA
Starting Thursday 9th May 2019

Limited Places - Book Now

For more information call **01384343535** or
email: **Health&Wellbeing@ageukdudley.org.uk**

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