

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

Juliet Clarke and Emma Weyman

Thursday's from 10am to 12.30pm

Providence Methodist Church

13 Colley Orchard, Halesowen B63 2LA

Starting

Thursday 10 January 2019

Limited Places - Book Now

For more information call **01384 343535** or
email: **Health&Wellbeing@ageukdudley.org.uk**

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