

COMMUNITY FIT CLUB

Age UK-Dudley



Are you 50 plus?
Do you want to lose
weight and get fit?



If yes, attend our **FREE** 12 week programme
Starting Friday 10th January 2020
from 10am until 12.30pm

At Holy Trinity Church, High Street, Wordsley DY8 5RU

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



To book a place call Den on 01384 343535 or
email: Health&Wellbeing@ageukdudley.org.uk

LIMITED PLACES AVAILABLE

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