

#MoveMore with North Worcestershire ageUK



New class (starting 3rd November 2025)

Mondays, 10.00-11.00am

Hartlebury Parish Hall, DY11 7TQ

- Thanks to the support of the Healthy Worcestershire Programme, Age UK North Worcestershire is launching a new 'Move More' Exercise Class
- **Mondays** (starting 3rd November 2025)
- **10.00-11.00am**
- **Hartlebury Parish Hall, Waresley Ct Rd, DY11 7TQ**
- **£5 a session. No need to Book. Equipment provided!**

In partnership with Hartlebury Parish Council

We hope you can 'Join Us' & together we can get 'Moving More'!

You can also find out more about our Move More classes (including hearing from our class members) by visiting our website www.ageuk.org.uk/northworcs/activities-and-events/

For more information please call

Email: enquiries@ageuknorthworcs.org.uk

Visit: www.ageuk.org.uk/northworcs/

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