

Ageing Well in Mendip



- Get fitter
- Feel better
- Meet new people and have a laugh!



Class Name	Where?	When?	Cost
------------	--------	-------	------

Movement to Music - A fun and lively choreographed class.

Frome Fri, 10am

£5

Wells Tues, 10am

Strong and Steady - To improve strength and balance, helping to keep you steady on your feet and avoid falls.

Frome
Oakhill
Wells
Call 01823
345614 for
details

£6

Tai Chi QiGong - Easy to learn gentle movements, to improve balance, flexibility and strength. Good for mind, body and wellbeing. Movements can be done seated or standing.

Frome
Tues,
10:30am

£5

For more information please call Age UK Somerset on 01823 345624
email: ageingwell@ageuksomerset.org.uk or visit www.ageuksomerset.org.uk