



Salsa Gold

Wednesday 12pm-1pm

Meadowcroft Wellbeing Hub

Move, groove, and have fun! This friendly salsa class boosts balance, flexibility, and coordination while keeping your mind sharp. Enjoy great music, meet new friends, and stay active in a supportive, social environment.

Discover **Exciting Activities**
and **Embrace New Experiences**
with *Age UK Wirral*.

For further information, please contact:
Wellbeing Services

0151 482 3456 | ageukwirral.org.uk

 **Wirral,
Liverpool & Sefton**
age UK
Let's change how we age