

Fit as a Fiddle!

Are you over 50, live in the borough of Kingston,
want to lose weight, get fit, and improve your physical
and mental wellbeing?



Free 6 week 'Fit as a Fiddle' courses for Sept 2013
Take your pick from gentle exercise to more vigorous activity

Nordic Walking: Holly Lodge, Richmond Park, Mon 9th Sept 10.30 am

Aquacise: Kingfisher Leisure Centre, Kingston, Wed 11th Sept 1.30pm

Body Balance: Christ Church Hall, New Malden Thurs 12th Sept 12.30

Chair based exercise: St Marks Church, Surbiton Fri 13th Sept 12.30

All courses include healthy lifestyle/weight loss workshops

Contact: Grace Shorthouse Tel: 020 8942 8256

or email: grace@ageconcernkingston.org

or write to: Grace at Raleigh House, 14 Nelson Road, New Malden, KT3 5EA