



HAMPSHIRE IN BASINGSTOKE

Want to get fit for summer?
Try Age Concern's

Please note
change of time!

EVERGREEN EXERCISE

Mondays, 11am

St. Andrew's Church
Western Way, South Ham

£3.50 a week

A friendly class for the over 50s using
exercise to music to develop & improve
co-ordination, strength, mobility & balance.

No experience necessary.

Tel: **01256 423874**

to find out more or just come along.



Assisted by
*Basingstoke
and Deane*

The Orchard
White Hart Lane
Basingstoke RG21 4AF

Working in Partnership



Registered Charity No. 290874



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