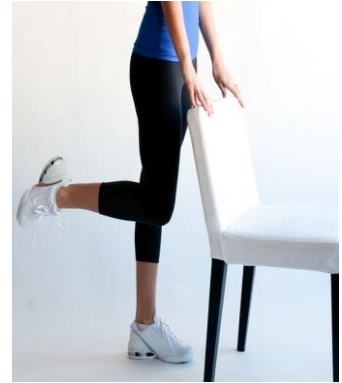


The Ashbourne School of Dance



EXERCISE CLASSES FOR OLDER ADULTS: OTAGO

Strength, balance & co-ordination
Seated & standing exercises proven to
reduce falls in older adults
Endorsed by the NHS & Age UK

Thursdays
10.30 – 11.30AM

£7.00 per class, booking required as a
waiting list is in force
Tea/Coffee incl. afterwards

For details contact Tina on 01335 344665
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