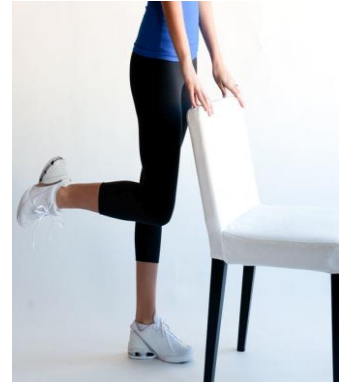


# The Ashbourne School of Dance



## 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

£8.00 per class, booking required as a  
waiting list is in force  
Tea/Coffee incl. afterwards

For details contact Tina on 01335 344665  
[www.ashbournedance.co.uk](http://www.ashbournedance.co.uk)  
Henmore Trading Estate, Mayfield Road, Ashbourne