

**AN ACTIVE
LIFESTYLE
DOESN'T
HAVE TO
BE A FADING
MEMORY**

WWW.GETBACKINTO.CO.UK



**get back into an
active lifestyle**

Want to be more active? Over 50? Why not try... TAI CHI

Dates: February - 1/8/22 March - 1/8/15/22/29

Venue: South Woodham Ferrers Village Hall,
25 Hullbridge Road, SWF, CM3 5PL

Time: 13.45pm - 15.15pm

Cost: £8 per person (£1 per week)

To book your space please call 01245 321102