

Ever Active

FREE Chair Based Exercise

Social Activity Ideal for Older or Disabled Adults
Refreshments Included!

Tuesday 15 Jan 2019

10.30 – 11.30am

**Bucklebury Memorial Hall, Broad Lane, Upper
Bucklebury, RG7 6QH**



Pre Booking Required-Limited Spaces

Contact nick.rance@getberkshireactive.org for more
information or call 07702892518

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www.getberkshireactive.org

