

BE NIFTY OVER FIFTY!

Monday 27th September - Sunday 3rd October 2010



A FREE Physical Activity, Health and Wellbeing Day for all
North West Leicestershire Residents aged 50 plus

Happy Hearts Day

Celebrating the Active Older Adult of NWL

FREE ENTRY

- 1 Free Meal for all participants (first come first served)
- Free Holistic Therapy/massage treatments (booking essential upon arrival)
- Free Get up and Go Workshops (booking essential upon arrival)

Hermitage Leisure Centre, Silver Street, Whitwick, LE67 5EU

Thursday 30th September from 10am-4pm

For more information contact Contact Andrew Harris on 01530 454606
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