

# Free taster event for over 60's



**Beckley and  
Stowood  
Village Hall**

**Wednesday**

17 January 2018

10.30 am - 12.30 pm

(Please wear comfortable  
clothes and shoes to take  
part in activities)

- There will be an activity taster to try out
- Staff will offer Funcional Fitness MOT's
- Meet new people in a fun & friendly environment
- Tea and coffee provided



**Booking essential:**

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Listening Learning Leading