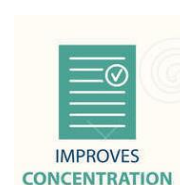


DOWN SENIOR FORUM

invites over 50s to a free information morning
with taster sessions and refreshments
on Wednesday 17th May from 10:30am – 2pm
at Down Leisure Centre

We all need a mix of physical activity to stay active in later life!



**Come along and see what Down Leisure Centre can offer you!
Participation is encouraged however you are also welcome to
simply observe and enjoy the morning.**

For catering purposes registration by Friday 12th May is essential!

Please contact:

Heather on heather@countydownrcn.com / 07511069072 or

Lise on lise@countydownrcn.com / 07511070895

Transport is available on request from central locations.

