Live Longer Better!

FREE 6-week course starting

Friday 25th September 10am – 12pm

Courtenay Community Centre, Newton Abbot

Would you like to improve your health and wellbeing, have a more active lifestyle, create realistic goals, and meet others.

Sessions include practical tips to support you to keep active and healthy, samples of fun activities that increase strength and flexibility, healthy nutrition, and mindfulness.

This course is suitable for those who are 50 years plus.

For more information & to sign up please contact

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