

Fit Move Classes

A fun dance inspired class for older people

Keeping Fit

**To improve Fitness
To Strengthen Muscles
To lead a better Quality
of life in later years**

Dance-inspired Classes

**New Dance Class at our
Wellbeing Centre
Graham Road
Bexleyheath
DA6 7EG**



Registration Date : 27th September

1.30 to 2.30 Age UK Bexley Graham Road Bexleyheath

To find out more please contact us:

0208 300 0883

information@ageukbexley.org.uk

<https://www.ageuk.org.uk/bexley/>

Registered charity number 1088399



JLinks
PHYSIOTHERAPY

**Classes ran by a qualified
physiotherapist at £5 per session**

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