



Social exercise classes for over 50s

Christchurch Hall Rooms, South St, Cockermouth

Mondays 1pm and Fridays 11am £3 including refreshments

- *Maintain independent living
- *Better cardiovascular
- *Assits cognitive function
- *Reduces anxiety
- *Improves strength
- *Improves bone density
- *Prevents Falls
- *Maintains hobbies

You're welcome to just drop in to a session

or for more information

email us at t.gether.cockermouth@gmail.com or drop in to library Tuesday mornings 10am—1pm.

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