



## 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](mailto:t.gether.cockermouth@gmail.com) or drop in to library Tuesday mornings 10am—1pm.

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