

TOGETHER WE CAN

Glow



Stay healthy, by sitting down!

Introducing a new form
of exercise specifically
designed to keep older
people active and healthy.
You'll love the music, the
moves and the friends!

Sound good?

Contact Dorothy at
the details below

p.s. tea and biscuits included!

**Prescot Town Hall
1 Warrington Road
Prescot**

Tuesday 1.30-2.30pm



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