



Over 50 and worried that you may not be doing enough to keep in shape?

Then why not join our Healthy Living Club in Polegate starting April 2016?

Come along to our **FREE** launch event on **Tuesday 12 April 2016, 2.00pm-4.00pm** and find out what our Healthy Living Club is all about. Join in with Boccia, Quoits and Chair-based exercise.

Take the opportunity to find out about Age UK East Sussex, the Health Trainer Service and Health Walks run by TCV.

This local club aims to encourage people to become more active, make new friends and gain information about healthy lifestyles.



**The Polegate Community Association Community Centre,
54 Windsor Way, Polegate, BN26 6QF**

For more information please call **Su Reece**,
Healthy Living Club Co-ordinator.
Tel: **01273 476704** Mobile: **07850 987149**
or Email: **susan.reece@ageukeastsussex.org.uk**