



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

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

Come along to our **FREE** launch event on **Wednesday 13 April 2016, 10.00am-12.00pm** and find out what our Healthy Living Club is all about. Join in with Boccia, Quoits and Chair-based exercises.

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.



1st Rye Scouts Centre, The Grove, Rye, TN31 7ND

For more information please call **Su Reece**,
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