

Are you LGBT, over 50 and feel you could do more to keep in shape ?

Why not try the new Hastings Healthy Living Club?

We meet every other **Thursday, 10.00am-12.00 pm.**

Launch event **28 April, 10.00am-12.00 pm.**

Club sessions **12 May, 26 May, 9 June.**

Only £1 a session including refreshments.

Run by Age UK East Sussex and supported by HRRRA. The choice of activities include social events, gentle exercise and information and support on health issues.

We meet at: **The 'Y' Centre, St. Paul's Road,
St Leonards-on-Sea, TN37 6RS.**

Bus routes: **21A, 20A, 20, 22C and 22.**

For more information about the clubs or help with transport please call:

t: **01273 476704**

m: **07850 987149**

e: **charles.sheldon@ageukeastsussex.org.uk**