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GET STEADY, STRONG & ABLE

We welcome you to come along and meet some friendly faces whilst improving your **balance, strength and mobility**! Meet others in the same situation, get useful tips and learn to keep yourself strong and mobile at one of our classes, run by a fully qualified specialist instructor:

-  The Howard Venue, Hextable, BR8 7LG
Every 2nd & 4th Wednesday (from 14th Feb) - 1.30-3pm
-  All Souls Church Hall, Crockenhill, BR8 8JS
Alternate Tuesdays (from 5th March) - 10.30-12pm
-  Wilmington Community Church Hall, Broad Lane, Wilmington DA2 7AQ
Alternate Tuesdays (from 9th April) – 10.30-12pm
-  Online classes which you can join from home!
ZOOM Classes every Wednesday 10.30am-11:30am
-  St Edmunds Rd Temple Hill Dartford DA1 5ND
Alternate Thursdays 10:30 coffee 11am-12 noon class Starts 4th April

For prices and more information, contact Sue:



07518 291 666



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www.ageuk.org.uk/kentriders