

Move More with

Bromsgrove,
Redditch & Wyre Forest



New class (starting 11th September)
Wednesdays, 11am-12pm
Christ Church, Matchborough, Redditch

- Thanks to the support of the Healthy Worcestershire Programme, Age UK BRWF is launching a new 'Move More' Exercise Class
- Wednesdays (starting 11th September 2024)
- 11.00am-12.00pm
- Christ Church, Matchborough, Redditch, (B98 0EP)
- £4 a session. No need to Book. Equipment provided!

We hope you can 'Join Us' & together we can get 'Moving More'!

You can also find out more about our Move More classes (including hearing from our class members) by visiting our website www.ageuk.org.uk/brwf/activities-and-events/

For more information please call
or email enquiries@ageukbrwf.org.uk

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Age UK Bromsgrove, Redditch & Wyre Forest

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