



Mediterranean Moves

**Improve strength and balance through the
beauty of Middle Eastern dance**

**Mondays
2:30pm – 3:30pm**

Cost: £6

For more information or to sign up,
please call Age UK Somerset on

01823 345624

email: ageingwell@ageuksomerset.org.uk

visit our website: www.ageuksomerset.org.uk

This class is held at:

**For All Healthy Living Centre
68 Lonsdale Avenue
Weston Super Mare
BS23 3SJ**

Please ensure class is running prior to attendance