



Sit, Fit & Fun

Everyone welcome!

Gentle chair-based activity session **For fun and friendship**

Fridays
(start date tbc)
10am – 11am

This class is held at:
Clevedon Christadelphian Church
Coleridge Vale Road North
Clevedon
BS21 6NL

Cost: £4

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

Please check class is running prior to attending

01823 345624

email: ageingwell@ageuksomerset.org.uk

visit our website: www.ageuksomerset.org.uk

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