

Area:-	<b>Roxburghshire</b>	Town:-	<b>Hawick</b>
Activity:-	Physical Activity	Name of activity:-	Gentle exercise for older people of all abilities
Venue:-	Burnfoot Community Hub	Day/Time:-	Tuesdays from 11.00 – 12.00 noon
Contact information:-	Just turn up <a href="http://www.scotborders.gov.uk/communitycapacity">www.scotborders.gov.uk/communitycapacity</a> <a href="http://www.fitborders.co.uk">www.fitborders.co.uk</a>		
Cost:-	£2.50 per class	Gender:-	All welcome

**All information is to be signed as approved before inclusion on the LASS website for copyright purposes**

Name of event organiser:-		Signed:-	
Organisation:-		Date:-	

Lifestyle Adviser:-	Lorna Farquharson	Date:-	20 <sup>th</sup> December 2016
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**Additional Information to be included**



**How will you benefit?**

- ♥ Strengthen and tone your whole body
- ♥ Increase flexibility and balance
- ♥ Improve your posture and mobility
- ♥ Have fun and meet other people

Refreshments are available after the class, so stay around to have a chat.