

**LASS – Supporting your Lifestyle Change**  
**Signposting Permission forms for website**


Area:-	Cheviot	Town:-	Kelso
Activity:-	Gentle Exercise	Name of activity:-	G-Ex
Venue:-	Kelso Rugby Club	Day/Time:-	Friday 10.30 – 11.30 am
Contact information:-	<a href="mailto:denise@fitborders.co.uk">denise@fitborders.co.uk</a> Mobile 07713 357450		
Cost:-	£2.00	Gender:-	Open to all

**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 and have a chat.**



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

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