



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

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

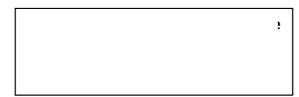
## Additional Information to be included

## 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.







All informa	tion is to be signed as approved before inclusic	on on the LASS website for	
copyright purposes			
Name of	Signed:-		
event			
organiser:-			
Organisations	Data		
Organisation:-	Date:-		
Lifestyle	Date:-		
Adviser:-			