

LASS – Supporting your Lifestyle Change
Signposting Permission forms for website

Area:-	Tweeddale	Town:-	Peebles
Activity:-	Gentle Exercise	Name of activity:-	G-EX
Venue:-	Drill Hall, Peebles	Day/Time:-	Friday 11.15 – 12.00 am
Contact information:-	donna@fitborders.co.uk Mobile 07791 001600		
Cost:-	£2.00 + 50p	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 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:-		Date:-	

