

LASS – Supporting your Lifestyle Change
Signposting Permission forms for website

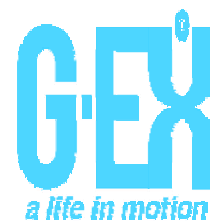
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|-----------------------|---|--------------------|----------------------|
| Area:- | Tweeddale | Town:- | West Linton |
| Activity:- | Gentle Exercise | Name of activity:- | G-Ex |
| Venue:- | West Linton Bowling Club | Day/Time:- | Wed 10.15 – 11.00 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.**



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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:- | |
|---------------------------|--|----------|--|

| | | | |
|----------------|--|--------|--|
| Organisation:- | | Date:- | |
|----------------|--|--------|--|

| | | | |
|---------------------|--|--------|--|
| Lifestyle Adviser:- | | Date:- | |
|---------------------|--|--------|--|