

LASS – Supporting your Lifestyle Change
Signposting Permission forms for website

Area:-	Berwickshire	Town:-	Chirnside
Activity:-	Gentle Exercise	Name of activity:-	G-Ex
Venue:-	Chirnside Community Centre	Day/Time:-	Wednesday 11.00 – 11.45 am
Contact information:-	gemma@fitborders.co.uk Mobile: 07720 562356		
Cost:-	£2.50	Gender:-	All welcome

Additional Information to be included

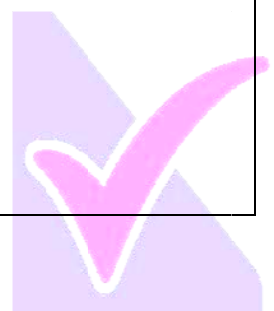
Additional Information to be included

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:-