

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

Area:-	Liddesdale	Town:-	Bonchester Bridge, Hawick
Activity:-	Gentle Exercise	Name of activity:-	G-Ex
Venue:-	Bonchester Bridge Village Hall	Day/Time:-	Monday 10.30 – 11.30 am
Contact information:-	<a href="mailto:gemma@fitborders.co.uk">gemma@fitborders.co.uk</a> Mobile: 07720 562356		
Cost:-	£4.00	Gender:-	All Welcome

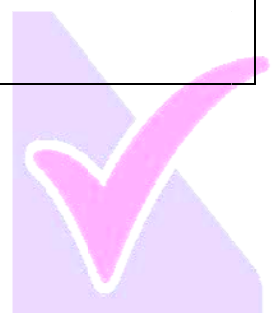
**Additional Information to be included**

**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:-	

