

LASS – Supporting your Lifestyle Change
Signposting Permission forms for website

Area:-	Liddesdale	Town:-	Denholm, Hawick
Activity:-	Gentle Exercise	Name of activity:-	G-Ex
Venue:-	Denholm Village Hall, Hawick	Day/Time:-	Thursday 10.30 – 11.30 am
Contact information:-	gemma@fitborders.co.uk Mobile: 07720 562356		
Cost:-	£4.00	Gender:-	All Welcome

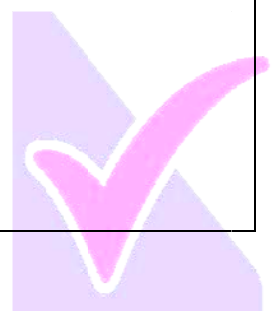
Additional Information to be included

Zumba is an easy to follow programme for anyone of any age featuring dances such as Cumbia, Merengue, flamenco, tango and belly dancing.

Zumba strives to improve balance, strength, flexibility and most importantly the heart.



ase
e



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:-