

LASS – Supporting your Lifestyle Change
Signposting Permission forms for website

Area:-	Berwickshire	Town:-	Leitholm
Activity:-	Gentle Exercise	Name of activity:-	G-Ex
Venue:-	Leitholm Village Hall	Day/Time:-	Monday 10.30 - 11.15 am
Contact information:-	Karen@fitborders.co.uk Mobile 0770 560427		
Cost:-	£2.00	Gender:-	All welcome

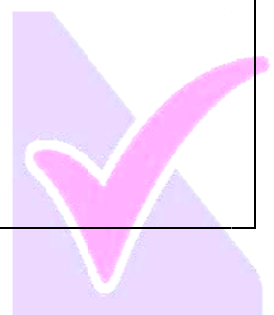
Additional Information to be included

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:-	
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Organisation:-		Date:-	
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Lifestyle Adviser:-		Date:-	
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