

LASS – Supporting your Lifestyle Change
Signposting Permission forms for website

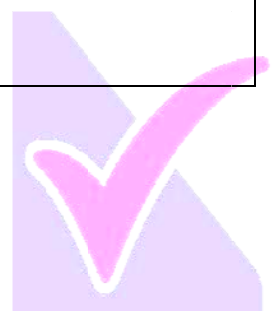
Area:-	Eildon	Town:-	Galashiels
Activity:-	Pilates	Name of activity:-	Metafit
Venue:-	Trinity Church, Galashiels	Day/Time:-	Tues 6.30 – 7.30 pm
Contact information:-	jocelyn@fitborders.co.uk Mobile 07889-225126		
Cost:-	£5.00	Gender:-	Open to all

Additional Information to be included

metafit™



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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:-	

