

LASS – Supporting your Lifestyle Change
Signposting Permission forms for website

Area:-	Eildon	Town:-	Galashiels
Activity:-	Gentle Exercise	Name of activity:-	GeE
Venue:-	Langlee Community Centre, Galashiels	Day/Time:-	Wednesday 10.30 – 11.15 am
Contact information:-	denise@fitborders.co.uk Mobile 07713-357450		
Cost:-	£2.50	Gender:-	

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:-	

