



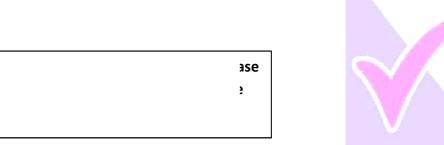
## LASS - Supporting your Lifestyle Change **Signposting Permission forms for website**

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.



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:-				
Adviser:-						

