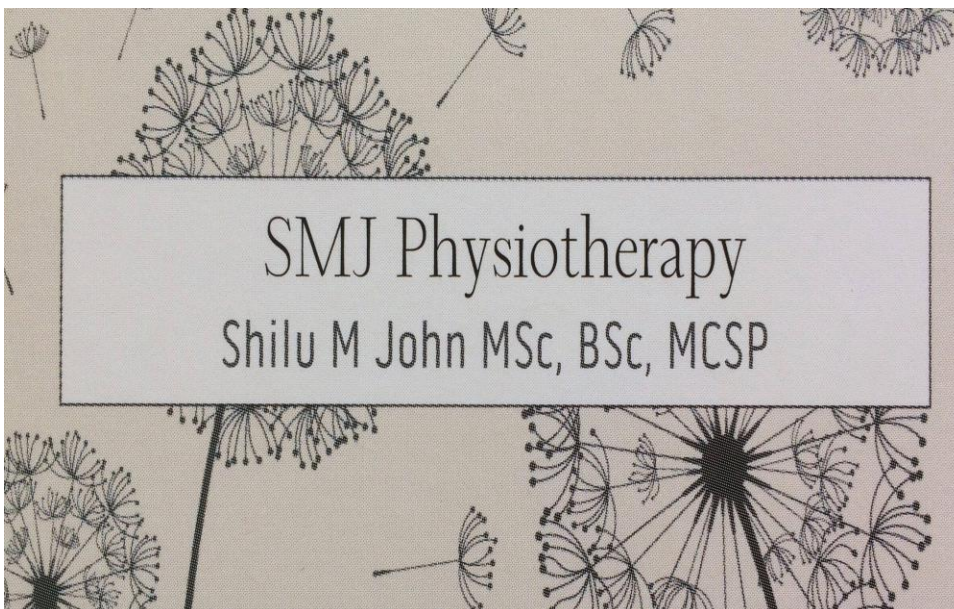




# LOVE ACTIVITY HATE EXERCISE?

Join us for an activity day which will enhance and encourage us to keep us active and healthy. It is time for our annual fun exercise day. Let's learn to build activity into our daily routine and learn about ways to make exercise more fun.



Annual Fun Exercise  
Day!!!  
at  
Ditchingham Green  
On  
28<sup>th</sup> September 2019  
At  
14:30pm

It is a free session!  
Everyone is welcome

What to expect?

Fun!  
Exercises!  
Dance!  
Energy!  
Advice!

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