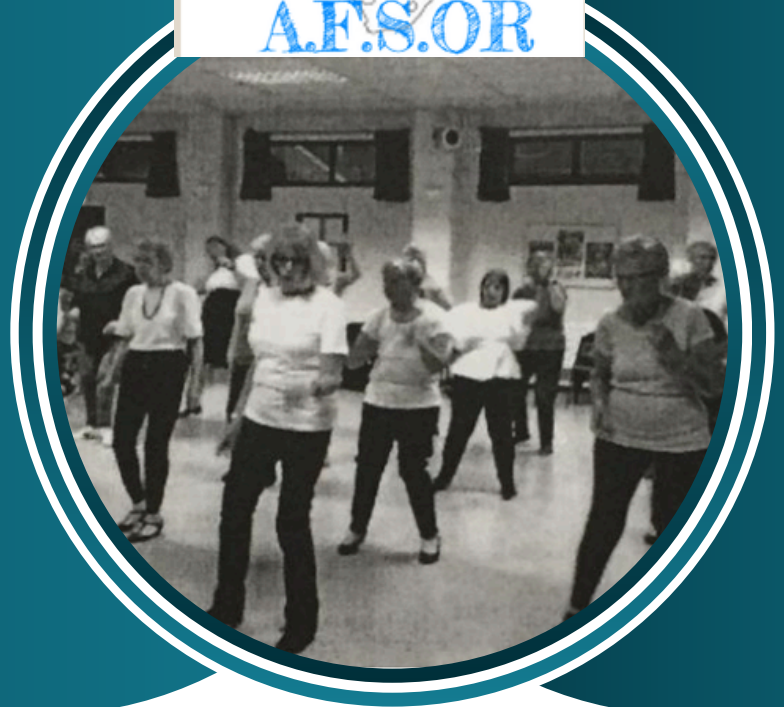


FREE



FITNESS & WELLBEING

Your Health is a Priority !



With the support from SPORT ENGLAND

African French Speaking Organisation is hosting FREE weekly Fitness and Wellbeing Sessions for the Elderly - From 8 July 2024 to 29 November 2025. Transport for the most vulnerable or those with severe mobility issues will be provided.

- ✓ Improve your health
- ✓ Boost your mood
- ✓ Meet new people
- ✓ Dance and walking football
- ✓ Reduce risks of falls
- ✓ Free Sessions & Transport

MORE INFORMATION

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