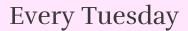
## BE CONNECTED

## Are you 60 or over?

FREE ACTIVITIES and SUPPORT for you to make friends and

keep healthy at your own pace

## FOR ALL LEVELS AND ABILITIES



Social Club Drop In 1-3pm

Hanwell Community Centre, **W71PD** 

**Every Wednesday** from 3rd September

**Singalong Drop In** 1:30pm -3pm

**Copley Close Community Centre, W71DT** 

## **BOOKING REQUIRED FOR ACTIVITIES BELOW**

Mondays 8th to 29th September

**Chair Yoga** 9:30-11:30am

Mondays 10th Nov to 24th December

Mindfulness and Meditation 9:30-11:30am

**Copley Close Community Centre, W71DT** 

**Copley Close Community Centre, W71DT** 

> Tuesdays 20th January -3rd March

RUNNING TUESDAY 10TH FEBRUARY





Bereavement, Loss & Belonging **6 Week Course** 10-12pm Hanwell Community Centre, W7 1PD

EASE (Empowering Action & Social Esteem) Ltd Hanwell Community Centre, Westcott Crescent, W7 1PD Telephone: 0208 575 6139

Charity No. 1098965

