



**Golden Opportunity  
Skills and Development**  
*Empowering people. Strengthening  
communities. Changing systems.*



# KEEP FIT & WELLBEING ACTIVITIES

*Move More  
Feel Better*



Gentle exercise  
for all abilities



Meet  
new people



Tea, coffee  
and socialisation

**FREE  
FOR  
EVERYONE**

*Healthier People  
Stronger Communities*

## OUR CLASSES ACROSS EALING



**Northolt  
Community Village**



**Thursdays**  
11:00am – 12:30pm



**Perivale  
Community Centre**



**Wednesdays**  
10:00am – 12:00pm



**Perivale  
Community Centre**



**Thursdays**  
11:00am – 2:00pm



**Viking  
Community Centre**



**Mondays**  
10:00am – 11:00am



**Salvation Army  
Greenford**



**Thursdays**  
12:00pm – 2:00pm



**W13 IMPACT HUB**  
1 Bayham Road, West Ealing



**Mondays**  
10:00am – 12:00pm



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### FOR MORE INFORMATION:



020 8571 9529



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Stronger People  
Brighter Communities  
A Fairer Ealing