

# Gentle exercise

## Storth Village Hall

Every Wednesday

10.30 - 11.30am

**Just drop in -  
Everyone over 50 welcome**

Exercises followed by optional  
games and refreshments. A  
suggested donation of £2.50  
would be gratefully received



If you would like more information, please contact  
Helpline on [01539 728180](tel:01539728180). We will be happy to help.