

# Fitness For Life Exercise Class

Every Thursday 11.30am - 12.30pm

At Upton Surgery, Tunnel Hill,  
Upton Upon Severn WR8 OQL



Improve  
Mobility  
Strength  
Balance



Stretch  
and Relax

**£3 per session**

**For information ring Sue on**

**01684 565462**

Starts Thursday 14th March

