

# STRENGTH & BALANCE

**Day:** Wednesdays

**Time:** 3.30 - 4.30 pm

**Place:** Long Wittenham Village Hall High St. OX14 4QH

**Cost:** £5 - your first session is free

*Please call to book your place*



**Strength**

**Flexibility**

**Balance**

**Confidence**

**Tel: 01235 849 403**

**[www.generationgames.org.uk](http://www.generationgames.org.uk)**