

Move More with **ageUK**

Bromsgrove,
Redditch & Wyre Forest



New class (starting 7th May 2025)

Wednesdays, 1.00-2.00pm

Alvechurch Baptist Church Hall (B48 7LG)

- Thanks to the support of the Healthy Worcestershire Programme, Age UK BRWF is launching a new 'Move More' Exercise Class
- **Wednesdays** (starting 7th May 2025)
- **1.00-2.00pm**
- **Alvechurch Baptist Church, Red Lion Street, B48 7LG**
- **£5 a session. No need to Book. Equipment provided!**

In partnership with Alvechurch Community Larder

We hope you can 'Join Us' & together we can get 'Moving More'!

You can also find out more about our Move More classes (including hearing from our class members) by visiting our website www.ageuk.org.uk/brwf/activities-and-events/

For more information please call
or email enquiries@ageukbrwf.org.uk

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Age UK Bromsgrove, Redditch & Wyre Forest

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