

Fun routines to your  
favourite tunes

# *Easy* Seated Exercise to Music

Meet New Friends

A fun way to help prevent falls, keep fit,  
gain strength, balance, and energy

Suitable for the over 65s and  
anyone who has been inactive  
for a while and is looking for a  
gentle way to start exercising  
again.



Thorley  
U3A  
Session



**Thursdays**

**Havers Community  
centre, Bishop's  
Stortford**

*Tea & biscuits  
included.*

Cost: £5 each week

Contact the U3A Group Co Ordinator or call Debbie on  
07904 198309 or email [debbie.baker@cst.today](mailto:debbie.baker@cst.today)

