

TURN THAT FROWN DOWN UPSIDE

Learn all about meal planning & cooking on a budget...

Improve strength, balance & mobility through exercise.



BEAT THE WINTER BLUES!

Join the **Health Experience**, sample various activities and gain practical information around health and wellbeing from a friendly and entertaining tutor, make new friends and be on the road to a healthier you.

This is a 6 week course for anyone over **40** starting **Thurs 5th Feb** 1-3pm at Community Centre, 21 Jedburgh Drive, Wincobank, S9 1QD. To book contact Marisa Leiva 244 0401 or Ann Bentley 220 4129

