

ageing  
well

Adding years to life –  
Adding life to years

Over 50 and ageing well

## New Seated Exercise Class at Northfield Community Centre

This specifically designed gentle class is an enjoyable and social way to increase stamina, strength and flexibility – all without leaving your chair.

The class is suitable for older adults or anyone looking to ease themselves back into a more active lifestyle.

**Class commences:**

**Tuesday the 12th of August**

**Northfield Community Centre**

**Time: 10.00 am to 11.00 am**

**Day: Tuesdays**

**For further information or more details contact Kath Laing via:**

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