

Are you young at heart and keen to try something new?

Join us on Wednesday 17th April for a fun and activity filled day at the Bridge Leisure Centre from 10am to 4pm

Put some Spring into your step!

Hidden Disability Friendly

Explore a selection of exhilarating exercise activities that'll leave you feeling energised, whilst also having an opportunity to speak to a fantastic range of service providers who will be present at the event. A light lunch will be provided. There is no booking necessary and no payment for any of the activities. So just turn up and enjoy yourself!



Come and try some sessions of:

- **Short Mat Bowls**
- **Yoga and Pilates**
- **Badminton**
- **Kurling**
- **Group Cycle Taster**
- **Pickleball**
- **Table Tennis**

Further information contact Tim Wilkins on 07801 136212 or email tim.wilkins@alzheimers.org.uk

Date: Wednesday 17th April

Time: 10am to 4pm

**Venue: The Bridge Leisure Centre
Wickhurst Lane, Broadbridge Heath
Horsham RH12 3YS**