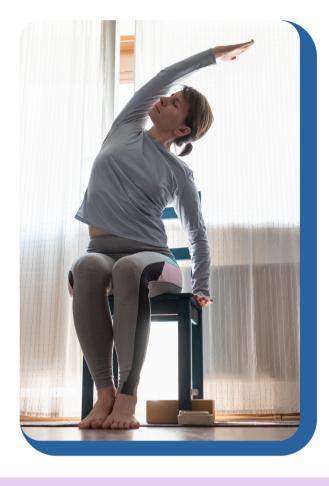


SEATED YOGA FOR OVER 65'S

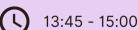
Come and experience the benefits of seated yoga with our experienced instructor!

Once a month for three months free course!

To book your place, email your details and which course you would like to join to sneeicb-nee.colte@nhs.net

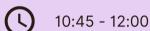






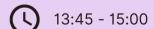
Wednesday 24th January Wednesday 28th February Wednesday 27th March

Mersea Community Support Hall, 13 Melrose Rd, West Mersea, CO5 8JB





Foundry Court, Colchester Rd, Manningtree, CO11 1EJ



Thursday 25th January
Thursday 29th February
Thursday 28th March

Essex Wildlife Trust, Old Hall Lane, Walton on the Naze, CO14 8LE