

Changing UR health 4 LIFE

Want to lose, gain or maintain a healthy weight try out our new and exciting healthy lifestyle programme.

Ladies Only '30 / 30' - only £2.00!

- 30 mins Aerobics/ 30 mins legs, bums & tums

- Female Instructor!

 FREE Health Checks

 Healthy Eating Advice

 Exclusive Relaxation Treatment Special Offers

- First Session FREE!



**Your NEW community centre activities
start with**

'30 / 30'

**Every Tuesday from
4th June 6pm—7pm**

**Lodge Road Community Centre Lodge
Road, West Bromwich, B70 8PG**

For further information or to book your Massage/ Health check
call: Kate Bate/ Luke Tyler

07964 415 182 /183

0121 524 1950



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