



30  
mins  
activity

5

days a  
week

# Living Well Classes

**Mondays 2pm - 3pm**

**Mid Suffolk Leisure Centre Stowmarket**

This class is for less able people with a mix of chair based and standing exercise.



Appropriate for all  
Abilities and Dementia  
friendly



The Living Well Classes are led by **Cardiac Rehab Trainer, Bob Halls (above photo)** and are available to all over the age of 60 and mix fun, social activity with exercise designed to keep you healthy and active for day to day life.

After your free trial £3.90 per class.  
Carers attend for free.

. To book a class, call 01449 674980 or just turn up.  
Community transport is available through 'Connecting Communities by calling 01449 614271

**DAA**

Stowmarket  
Dementia Action Alliance

[www.everyoneactive.com](http://www.everyoneactive.com)

**everyone ACTIVE**