

# Ageless & Agile

*How do you usually spend your Friday mornings?*

*Join us every Friday from 10am-12noon for 'Ageless & Agile'.*

*We are a weekly support group for those who may want some help with their nutrition, mental wellbeing, seated exercises, walking routes, general advice, or just want to come along for a regular chat & cuppa.*

**Only £2.00 per session!**

*(or free for members & those on our Exercise on Prescription programme!)*

*For more information on this group, please contact Marko on*

*[marko.humphrey@mvtlc.org](mailto:marko.humphrey@mvtlc.org)*

*01507 681826 | 07767 664186*

*Or Sarah on*

*[sarah.grierson@mvtlc.org](mailto:sarah.grierson@mvtlc.org)*

*01507 681827*

*Are you on our 'Exercise on Prescription' programme? Then these sessions will be perfect for you!*



Wellbeing Advice



Nutritional Advice



Walking Routes



Seated Exercises



A Cuppa & A Chat



*Working for a better future*



Lincolnshire  
Community Mental  
Health & Wellbeing  
Transformation

Horncastle Pool & Fitness Suite  
Coronation Walk, Horncastle, LN9 6HP  
[magnavitae.org](http://magnavitae.org)

Magna Vitae is a Registered Charity. Charity Number 1160156.  
A Partner to East Lindsey District Council.

