

Ageless & Agile

How do you usually spend your Monday mornings?

Join us every Monday 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
01507 681826 | 07767 664186*

*Or Sarah on
sarah.grierson@mvtlc.org*

01507 681827

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

