

# Winter Warm-up at K2 Crawley

Thursday 16 November 2017  
1-4.30pm

Activities for those aged 50 plus:

- Bowls
- Pilates
- Seated exercise
- Sing-along session plus tea and cakes and more...

Please come along  
- everyone is welcome

For more information call  
01293 585317  
or email [dfc@crawley.gov.uk](mailto:dfc@crawley.gov.uk)

