

# JOIN IN CRAWLEY

Wednesday 8 August 2018

## A SPECIAL EVENT FOR THOSE AGED 60 AND OVER...

- Find out what low cost activities you can take up locally
- Come alone or bring along someone you know
- We'll have information stands and taster sessions on how to keep active and involved no matter what your mobility
- Pop along for a cup of tea and a chat
- Challenge us to find something you enjoy doing.

It's your chance to try:

**SEQUENCE DANCING**

**WALKING FOOTBALL**

**TAI CHI**

**SEATED EXERCISE**

All for **FREE!**

Activities subject to change.

The Hawth Theatre,  
Hawth Avenue,  
Crawley  
RH10 6YZ

From: 10am-1pm

**FREE ENTRY!**



Tea and coffee will be available throughout the event.  
For a special treat, lunch and light snacks can  
be purchased at The Hawth Cafe.



CRAWLEY COMMUNITY &  
VOLUNTARY SERVICE  
Charity No. 1094699  
Company No. 4488714

For more information about this event,  
please contact Crawley Wellbeing on 01293 585350

*crawley wellbeing*

