



CHATTER MATTERS

APPLEBY LEISURE CENTRE

A warm, friendly space to make new friends and have a good old chat.

When: Every Friday, 11am - 1pm with optional water workout 11am - 12pm

Includes: Hot drinks, refreshments, and light lunch, along with attendance at the water workout class

Cost: £2 per person

Email betterhealth.eden@gll.org for more info.

BETTER