AGE Concern Dorchester

Fit as a Fiddle

Exercise Groups for the over 50s
Dorchester & Bridport Areas

Registered Charity No. 204974

Fit as a Fiddle is an exciting initiative helping over 50s get in shape and feel good, become more independent and meet new friends. This campaign is funded by the National Lottery to deliver a range of exercises classes and healthy eating activities to people here in the Dorchester and Bridport areas..... We can organise these near to you! At Age Concern Dorchester we have established many different classes, all ranging in variety and intensity.

They can vary from gentle chair based exercises, relaxing Tai Chi, and "challenging Keep Fit". Anything you might want to participate in - providing we can find an instructor and enough people to set the class up. What is even more impotent we are happy to support and develop existing groups.

<u>A very important part of the project is the funding available to subsidise the activities for a period of time.</u>

In the Dorchester area people can already join Tai Chi, Pilates, Stretch Breath and Relax, Low Impact aerobics, Belly Dancing and keep Fit classes. Dorchester Strollers and Dorset Food and Health Trust are offering numerous activities. We are planning to set up a circuit style class. We believe this particular activity will encourage men to enjoy exercise more.

With "Strictly come Dancing" fans in mind, we are planning on supporting dancing classes and tea dances. Other plans include activities such as drumming, table tennis and yoga. So, to register your interest, with NO obligation, kindly complete your details below:

Name: é ..é é é é Date of birth:é é é é é é é é é é é

Address:é ...Post Code:é é é é é ....

What type of exercise group would you be Interested in:é é é é é é é é é é ....

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Thank you - we will contact you as soon as we have a group activity organised.

For more details please contact John at Age Concern Dorchester Tel. 01305 269444
email: faaf@acdorchester.org
Website: http://www.acdorchester.org.uk

We work together With Older People's Forums, U3A, WI, Housing Associations as well as Dorset POPP, Wayfinders, PCT and many other local organisations.

fit as a fiddle

Dorset Partnership for Older People Project POPP

Supported by The National Lottery® through the Big Lottery Fund

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