

COUNTY'S ADULT ACTIVE GROUP

Socialise and make new friends in a warm, welcoming and relaxing environment. With opportunities to improve your health and well-being, making positive long-term lifestyle changes.

Sessions are free of charge and refreshments will be provided.

WHERE Power League, Craig Road,
Heaton Mersey, Stockport,
SK4 2AP.

WHEN Every Monday,
10.30am – 12.30pm,
Starting February 7th 2022.

