

# 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.

