abl
a better life

# AGE WELL WITH ABL

**Our highly skilled staff deliver a range of FREE nutrition and exercise sessions supporting anyone over the age of 65 who would like to improve their health and wellbeing. ABL Health can help you lose weight safely and effectively by making long term lifestyle changes.**

- **FREE 12 week programme**
- **Strength, balance and low level exercises**
- **Fully qualified Exercise and Nutrition Professionals**
- **Make friends, group support and have a social tea and coffee**

## For More Information

Call: **0161 870 6492** Email: **WELLNESS.ABLSTOCKPORT@NHS.Net** Text: **STOCKPORT to 62277**

## STAY UP TO DATE

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