



BOOST YOUR
MIND, BODY & SOUL

REDASH

BOOST CAMP

**JOIN OUR WEEKLY
STRESS-BUSTING
WELLBEING WORKOUT**

**MEET PEOPLE AND SHARE A LAUGH
CLEAR YOUR HEAD AND GET THE HEART PUMPING
ALL ABILITIES WELCOME**

**THURSDAYS AT 1.30PM
HOULDSWORTH VILLAGE LIFE LEISURE
FOR MORE INFORMATION AND TO BOOK FOR FREE
CONTACT STEVE:
STEVE@THE-THREAD.UK 07808 773264**

BOOST
STOCKPORT

**STOCKPORT
COMMUNITY**
Champions!



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