

Event:

# Live Well-Keep On Moving

## Free Event

Where:

Marcus Lipton Youth Centre  
Minet Road  
SW9 7UH

When:

Monday 20 May 2013  
3pm to 7pm

The details:

Join us for a fun day to help you keep on moving for a healthy and happy life.

### FREE EXERCISE TASTERS:

Zumba • Yoga • Pilates • Football • Basketball • Netball

Join our guided walk to Myatts Fields Park. Learn to use the trim trail in Elam Gardens Open Space. Free health checks

Free refreshments and healthy snacks

Drop in or stay for the day

For more information contact:

Angela 07985 636 662 and  
Lois 07970 858 088.

The London  
Community  
Foundation



Change4Life is a nationwide movement which aims to help us all, but especially our kids, eat well, move more and live longer.

Search for change4life  
or call 0300 123 4567\*

change  
4 life

Eat well Move more Live longer

\*Calls to 03 numbers should cost no more than geographical 01 or 02 UK-wide calls, and may be part of inclusive minutes subject to your provider and your call package. Our offices are open from 9am to 8pm every day.