

Camden is getting older and bolder

Free event for over 55s

Keeping active in Camden,
what's going on in Swiss Cottage?

Where: Swiss Cottage Library NW3 3HA

Date: Tuesday 10 April 2018,

Time: 10 am – 1.30pm



What's on:

- Taster sessions
- Tours of Swiss Cottage Leisure Centre
- Information about the Better Over 55s Club programme
- Free NHS health checks

We'd also like to get your views on:

- What events and activities you would like to have around Swiss Cottage
- How we can help more people to get moving more often

10.00 am

Welcome

10.10 – 10.50: **How can physical activity help osteoporosis?**

Workshop led by Francine Zimbalist

11.00-11.30: **Tai Chi**

taster session led by Jane Ward

12.00 – 12.30: **South Asian Dance**

taster session led by Akademi

12.45 – 1.30: **Boccia**

taster session led by Abbey Community Centre

Better Leisure would like to welcome you to the over 55s Club programme and provide regular tours of the leisure centre

Swiss Cottage Community Centre will be canvassing views on the kind of activities you would like to see in the Community Centre

Camden Active Health Team will provide information on other ways to get active in Camden.

For more information about the event email active@camden.gov.uk or head to www.camden.gov.uk/activehealth