



## Feel Fabulous In February

6 February 2024



Join other friendly seniors at the Osteoarthritis & Osteoporosis Prevention & Survival classes to reduce your risk of breaks and fractures.

Classes cost from £8 and are held every Tuesday at 2pm in the Youth Hall at Epsom Methodist Church.

Come and join us or call Karen to find out more on (07771)647 132 or email [oops.esb@gmail.com](mailto:oops.esb@gmail.com).