EPSOM & EWELL TIMES
For the community, by the community. A not-for-profit service

19th November 2026

ISSN 2753-2771

Feel Fine in February

6 February 2024



Feel Fine in February Walk taller & straighter Having good posture can be achieved by improving your strength and balance. This will make daily tasks easier. If you want to enhance your mobility, it is time for you to join Epsom Strength and Balance classes. Join us at these weekly classes on Wednesdays at 11:30am or 1:30pm at Epsom Methodist Church. Classes cost from £7.50. For more information, please visit: www.epsomstrengthandbalance.com, email: epsomstrengthandbalance@gmail.com or call Karen on 07771647132. Stay strong and keep upright longer with Epsom Strength and Balance. We’re looking forward to meeting you soon. Karen

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