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Osteoarthritis and Osteoporosis Prevention Class

17 May 2024



Look good this summer

This summer look good in your t-shirt after toning your body, building your bones & improving your posture. Join our Osteoarthritis & Osteoporosis Prevention survival, (OOPS) classes . Join other seniors at the OOPS classes to ease your joints and reduce your risk of breaks and fractures. Classes cost from £8.75 and are held every Tuesday at 2pm in the Youth Hall at Epsom Methodist Church.

Come and join our friendly group or call Karen to find out more on (07771)647 132 or email oops.esb@gmail.com.

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