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

5th November 2026

ISSN 2753-2771

# Put a spring in your step & prevent Osteoporosis

1 May 2025

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

Classes cost from £8.75 when doing a block booking, 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 07771647 132 or email oops.esb@gmail.com.

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