

Join Active for Life with Abbey!

Over 60 and want to be more active but not sure where to start? Join Active for Life to receive regular tips, motivation and support to help you to be active now and in the future, and to claim your free one-day leisure centre pass.

camden.gov.uk/active-for-life



You can pick up a booklet from the Abbey reception or speak to our team to find out more. We are running a **special sign up session on Mondays from 2-4pm** at Reception where you can use our Chromebook to sign up with a unique code, and ask about our **taster and regular exercise sessions**. Details of these overleaf. Sessions at Abbey are all **completely free** and all abilities and levels of mobility are accommodated.

Abbey Community Centre, 172 Belsize Road, Kilburn London NW6 4BJ

T: 020 7624 8378 **W:** abbeycc-kilburn.org.uk

E: reception@abbeycc-kilburn.org.uk

Charity no. 295191 Ltd company: 2028600



Our FREE Active for Life tasters

Table Tennis: Friday 12th April
1.30pm-2.30pm / Main Hall

Boccia: Friday 10th May
1pm-2pm / Garden Room

Seated Dance with Emma: 2 sessions
Friday 17th May 2.45pm-3.30pm / Main Hall
Friday 7th June 2.45pm-3.30pm / Main Hall

Strength & Balance with Sharon: 2 sessions
Tuesday 16th April 10am-11am / Garden Room
Tuesday 23rd April 10am-11am / Garden Room

Tai Chi - Qi-gong with Jennie: 2 sessions
Seated: Friday 10th May
10.30am-11.20am / Main Hall
Standing: Friday 17th May
10.30am-11.20am / Main Hall

Men's Fitness with Daniel: 2 sessions
Tuesday 30th April 11am-12noon / Garden Room
Tuesday 7th May 11am - 12noon / Garden Room

Active for Life participants can also join our **regular physical activity sessions:**

- **Gardening:** Fridays 10.30am-12.30pm
- **London Trips:** 3rd Thursday of the month
- **Zumba with Tissy:** Wednesdays 3.30pm-4.30pm



Physical activity
reduces your risk of
cardiovascular
disease by

35%

Let's get
Active for Life



Physical activity
reduces your risk of
depression by

30%

Let's get
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