

*3 Optimise groups for the 50 + running once a week for 5 weeks.*

Each group is all about:

* **keeping stronger for longer into your late years.**
* **making small changes that improves your body and health.**
* **eating well to lose or control your weight (no dieting)**
* **staying active.**

Starts on:

**Group 1**

Tuesday 13th January. From 5.30- 7.30pm

**Group 2**

Thursday 15th Jan. From 1.30- 3.30pm

**Group 3**

Wednesday 21st Jan. From 5.30-7.30pm

Venue: **Falkirk Community Hospital (FCH)**

**Contact: Eva Asante (01324673702/ 07957927450) email: eva.asante@nhs.net**

**Free Optimise Group for the 50+**