

FREE

LOCATION

CROYDON  
SUTTON  
BROMLEY

LADIES  
ONLY

# MOVE IT LOSE IT

ARE YOU OVER 40, WANT TO LOSE WEIGHT AND LEARN  
HOW TO LEAD A HEALTHIER LIFESTYLE?

Take part in a FREE 12 week programme that includes weight management guidance, activities centred around lifestyle change and activities such as, Yoga, Boxercise, Clubbercise and many more.



MAYOR OF LONDON





**» TRY IT, MOVE IT!**

BOXERCISE  
YOGA  
SOCCERCISE  
PILATES  
CLUBBERCISE  
AEROBICS  
ZUMBA

**» LEARN IT, MOVE IT!**

HEALTHY EATING  
BODY IMAGE  
IMPROVE YOUR SLEEP  
DIABETES AWARENESS  
ALCOHOL AWARENESS  
BREATHING TECHNIQUES  
MINDFULNESS

FOR MORE INFORMATION OR TO REGISTER PLEASE CONTACT BETH TOWLE ON 07702 550 881 OR EMAIL [BETHANYTOWLE@PALACEFORLIFE.ORG](mailto:BETHANYTOWLE@PALACEFORLIFE.ORG)