

# Extend, Movement to Music

for the mature adult

## Nether Stowey Village Hall

### Wednesdays 2pm - 3pm



**First session  
FREE!**

**Then only £3.50  
per session. No  
need to book -  
just come along.**

Contact Di Ramsay at Age UK Somerset  
**0845 643 4702**

**ageing  
well**  
*Adding years to life -  
Adding life to years*