

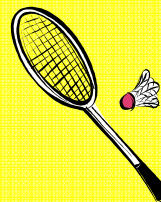
# ROSE BUDDIES

Keep Fit whilst  
having fun  
with friends!!

Exercise and Healthy  
Living Club!

## Exercise & Healthy Living Club!

- \* Learn how to live a healthier life!
- \* Exercises you can do at home, sitting in a chair, in front of the TV!
- \* Playing rounders or badminton!
- \* Dancing to music!



Ring Lisa at  
Prevention Services  
to book your place  
tel: 0118 979 9106



When? Mon 20<sup>th</sup> September, 2010  
Time? 10am – 11.30am  
Where? Rainbow Park Community  
Centre, Winnersh  
Cost? £2 per session



**WOKINGHAM**  
BOROUGH COUNCIL

Rose Buddies is run by Wokingham Borough Council as a Prevention Service for adults with learning difficulties. For more information, contact Lisa Hookway on tel: 0118 979 9106 or email: [lisa.hookway@wokingham.gov.uk](mailto:lisa.hookway@wokingham.gov.uk)