

# Lewisham Churches Care

## Ageing Well in Lewisham



### FRIDAY FALLS PREVENTION EXERCISES

*Do you know someone who is aged 55 or over who would be interested in joining a weekly exercise group?*

Residents must live in:  
Perryvale, Sydenham, Forest Hill or Catford South Wards

The group takes place at  
The Grove Centre, Jews Walk, Sydenham on Fridays

A two-course meal is available at a cost of  
£2.50 (booking usually required)

10.30am - 11.30am  
Lunch served at 12 noon

Come along and give it a try!

Phone 020 8698 3735 or  
0791 234 2188 for more information



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