



SLIMMIN' WITHOUT WOMEN

Run by men,
for men aged 50+
who would never
attend a mainstream
slimming club or join a gym.

A new 12-week programme
Friday 15th January 2016
St James's Church, Shaw, OL2 7TD
Between: 6:30pm to 8:00pm

For more information contact:

Dale Newton

Health & Wellbeing Activity Coordinator
on

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