

ROLL BACK THE CLOCK

**ARE YOU OVER 65 OR KNOW SOMEONE WHO IS?
WANT TO FEEL YOUNG AND HEALTHY AGAIN?**

**A NEW 8 WEEK PROGRAMME COMMENCES AT
DALKEITH NEDLANDS BOWLING CLUB FROM -
THURSDAY JULY 28**

**IT WILL RUN FROM 10.15 AM TO 11.15 AM
COMBINING EXERCISES, WELLNESS EDUCATION
SOCIALISATION AND A LITTLE BIT OF BOWLS**

\$80 - (\$10 PER SESSION)

TO BE PAID IN FULL

FOR MORE INFORMATION AND REGISTRATION CONTACT -

DAVID VAN DER WAAL - 0436 414 499

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JEANETTE HERRINGTON - 0422 730 426

SUE HARRIS - 0409591466

**FORMS ALSO AVAILABLE AT DALKEITH NEDLANDS BOWLING
CLUB**