

**FREE**

# KEEP WARM KEEP WELL OVER 50'S EVENT

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The Atkinson Centre  
Lord Street Southport PR8 1DB

Monday 28<sup>th</sup> January 2019  
10.30 am - 3.30pm

## Information Stands From 10.30 a.m. till 12.30

## Chair Based Exercise

**FREE GOODY BAGS**

## Massage

## Lunchtime light Refreshments

**ALSO FREE TEA DANCE FROM 1.30 TILL 3.30 WITH:**

## MUSIC FROM JOHN FRANKLYN AND FRIENDS

Refreshments on Sale

Please contact on 0151 330 0479 or 07452 867 648  
[admin@seftonopera.org.uk](mailto:admin@seftonopera.org.uk) for further details