

Get **Out** in action  
Get **Active**

The GOGA In Action, Dover project supports disabled & non-disabled people to be active together.

Supported by The National Lottery Community Fund



# Seated Exercise

## Free

Sign up online at  
[Eventbrite.com](https://www.eventbrite.com) or call us

Join us for gentle chair exercises to music. This class is very inclusive and is suitable for everyone, any disability or health condition.

### Carers go Free + Dementia Friendly



Wednesdays 14.00 - 15.00



Age Concern Sandwich, 19-21 Cattle Market, Sandwich, CT13 9AP



Free

SCAN ME



03333 660 661



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\*T&Cs apply. Check website for details. Details correct at time of printing.

