



CALL US ON 07999 782730



£8
Per session
Activity, exercise &
Lunch

Fridays 10.30am-1.30pm from 2nd June 2023

MOVERS & SHAKERS

Senior Citizens Health & Wellbeing Programme (60+)

Hosted by
Wycombe Multicultural Organisation

Participants will receive a FREE talk from a professional, or take part in a fun activity. Join in light exercise and socialise whilst enjoying a freshly prepared lunch. ALL WELCOME!

- ✓ Fridays 10.30am-1.30pm
- ✓ Free talk or activity
- ✓ Light exercise
- ✓ Freshly prepared lunch

WHERE ?

Oakridge Baptist Church
43 Oakridge Rd
High Wycombe HP11 2PH

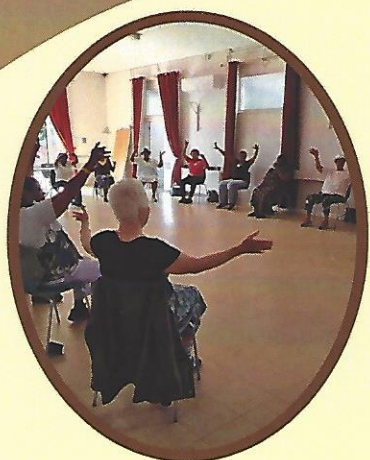
 BOOK NOW ON
07999 782730

WYCOMBE MULTICULTURAL ORGANISATION (WMCO)
REGISTERED CHARITY NO. 1025525
WWW.WMCO.CO.UK



VOLUNTEERS NEEDED

CAN YOU SPARE 4 HOURS PER MONTH TO HELP OUR ELDERS?



We're seeking for volunteers to:

-  Support with the delivery of our Senior Citizens Health & Wellbeing Programme 'Movers & Shakers'
-  Be available on a Friday from 10am-2pm at Oakridge Baptist Church in High Wycombe once or twice a month

CONTACT US NOW

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OFFICE@WMCO.CO.UK