

# Health At The Hut Project

## Free Activities for Older Adults (60+)

Do you live in **Tiverton Estate, N15** and the surrounding areas??

We run the following **FREE** classes and activities at the **Bridge Community Hut**:

- ✿ Walking groups
- ✿ Circuit classes
- ✿ Stretch and relax sessions
- ✿ Aerobics
- ✿ Healthy cooking classes

**Free refreshments provided**



For more information about the project contact:

Project coordinators: **Nurys or Tonte**

Telephone: **0208 442 7640, 0208 8153931**

Email: **healthathut@bridgerenewaltrust.org.uk**



**NATIONAL  
LOTTERY FUNDED**



 **bridge**  
renewal trust  
*for happy and healthier communities*

The Bridge Community Hut  
Tewkesbury Road, N15 6SE