



Intouch

OVER 65 YRS VARIETY SESSIONS

Intouch is a Fresh Visions programme that tackles isolation and loneliness by promoting active lifestyles and wellbeing activities for people aged 65 and over

Join in for FREE

Get active with Freedom Leisure

**FREE TEA
AND INSTANT
COFFEE FOR
PARTICIPANTS**



freedomleisure
where you matter

**Summerfields
Leisure Centre**
Bohemia Road,
Hastings, TN34 1ET

Freedom Leisure are running variety sessions every **Monday, 2-3.30pm** from **23 May for 12 Weeks**. This is a great opportunity to try new activities and make friends.



**FRESH
VISIONS**
Changing Lives
Transforming Futures

For more information and to book your space contact Annette Jones on **07595085763** or email **Intouch@freshvisions.org.uk**

This is a partnership project with Freedom Leisure and funded by Fresh Visions.