



# Fit in the Family

## FREE KEEPFIT CLASSES FOR PARENT/CARERS

Your family is your number one priority. Dormers Wells Junior School has created free keep fit classes designed to help get you and your family happier and healthier for life.

Join us on

**Thursday 1st February 2018 9:00am**

Get a free mini health check from a One You Ealing Health Practitioner.

Come see Jason Mascall who is a fitness and nutrition specialist who will provide an introduction to the workshop.

Start the New Year knowing you have support in a fun and friendly environment.

For more information contact Lolita Chand @ Dormers Wells Junior School or call Health Trainers on 0208 354 8252

### WHERE?

Dormers Wells Junior School

(Parents' Hut)

Dormers Wells Lane, Southall  
Middlesex, UB1 3HX

### WHEN?

Starts 1st January 2018

Thursdays 09:00am