

SPRING 2025



MOVE WELL, LIVE WELL



COME ALONG AND JOIN IN AT OUR
AGE FRIENDLY LEISURE AND ACTIVITIES FAIR



- Meet local clubs and groups
- Try a free gentle exercise taster session
- Free lunch and refreshments

Chessington School
and Sports Centre

Friday 11 April 2025 11:30am to 2:00pm

Chessington School
and Sports Centre

Garrison Lane
Chessington KT9 2JS



Connected Kingston
Making links, connecting communities

Find out about a range of activities at Connected Kingston
connectedkingston.uk/collections/gentle-exercise

You can contact us for more information by emailing agefriendly@kingston.gov.uk



Supported by the New Era Community Projects Square 1 Café Chessington



MOVE WELL, LIVE WELL



AGE FRIENDLY TASTER SESSIONS

Time	Studio 1	Studio 2
11:45am - 12:30pm	Better Bones - Physical Activity, Joint and Bone Health Information Session	
12:00pm - 12:30pm		Places Leisure - Forever Active Chair Exercise
12:30pm - 1:00pm	Staywell Services - Seated Exercise	Silverfit - Strength and Balance
1:00pm - 1:30pm	Places Leisure - Forever Active Chair Exercise	Kingston Adult Education - Tai Chi
1:30pm - 2:00pm	Get Active - Stand Up Strength & Flexibility Exercises	Kingston Adult Education - Wellbeing and Creative Skills

• All sessions subject to change

Additional Information

- Completely free to attend – enjoy a variety of activities
- Meet and speak with local clubs & groups
- Sign up to taster sessions on arrival - no need to book
- Wear comfortable clothes
- Outdoor activities including cycling (weather permitting)
- Free lunch and refreshments available 11:30am to 2:00pm

