



REACT

ARE YOU STARTING TO HAVE DIFFICULTY DOING DAILY ACTIVITIES

such as walking, getting up from chairs and climbing stairs? If so **REACT** could help you maintain your independence.

REACT is a weekly group physical activity class – followed by a cup of tea and a chat.
COST £3.50 per class. First week FREE.

VENUE

The Withywood Centre

ADDRESS

Queen's Rd,
Bishopsworth,
Bristol BS13 8QA

TIME

Monday 11-12.30pm
(Start date: 22.04.24)

VENUE

Monica Wills House

ADDRESS

Cromwell St,
Bedminster,
Bristol BS3 3NH

TIME

Monday 2-3.30pm
(Start date: 25.03.24)

To find out more fill in the online form:
<https://ea-info.co.uk/GP> Add note - referral for ReACT strength and balance. Select 'Easton Leisure Centre' from venue drop down list. Main contact Liz Williams elizabethwilliams@everyoneactive.com or call Alistair on 07825 033 741

Photo credit: Chloe Edwards

