



Community Health  
Ambassador Team

*EXPERTS IN  
WORKING IN  
COMMUNITIES  
FOR BETTER*



Connect...



Be active...



Take notice...



Keep learning...



Give ...

**AGEconcern**  
Liverpool & Sefton



Liverpool  
City Council

# Free Yoga Course

**Start Date:** Every Thursday from  
9th January 2020  
**Time:** 9 -10am  
**Venue:** St Oswald's Primary School  
Montague Road, L13 5TE

# YOGA

Come along and have fun whilst  
getting fit!

We promise you will love it!

Open to everyone 16+

All abilities welcome from first timers to the  
experienced!

For further information contact your  
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Instagram