



# LET'S KEEP MOVING

SUPPORTED BY ACTIVE ESSEX

**WELCOME TO LET'S KEEP MOVING**  
FREE GROUP SUPPORT SESSIONS FOR A HEALTHIER LIFESTYLE

  
castlepoint

  
ActiveEssex

# WHAT IS LET'S KEEP MOVING?



Let's Keep Moving is a friendly and welcoming group for older adults looking to keep active, motivated and healthy.

Together with like-minded individuals, the **free group sessions** offer the chance to discover ways to keep active, to share your experiences and make new friendships along the way!

## WHY KEEP MOVING?

If you'd like to be more active but struggle to find the motivation, or perhaps you suffer from a medical condition that makes physical activity difficult for you, Let's Keep Moving will give you the **support and guidance** you need to lead a healthier and more active lifestyle.

Led by our friendly exercise professional, the free group sessions will give you the opportunity to find activities that work **best for you**.



## FIND OUT MORE & SIGN UP

Contact our exercise professional Victoria on:

**07966 482 929**

**FREE** group sessions on:

Monday mornings  
9:30am - 10:30am

The Paddocks, Long Road  
Canvey Island, SS8 OJA