

Are you looking for . . . friendship, community involvement, time for yourself or just to try something new?



## Whether you are 18 or 80+

Ashby Spa Ashby Castle Swanningth Swanningth

Marker Come and see what we have to offer in

111 venues across Leicestershire & Rutland

For details of your local group more information contact 0116 2661342 withous early without early with early without early witho

Registered Charity Number 1016766