

Angie's Over 55s Exercise Class

Do you have any of the warning
signs below:

Tiredness Breathless

Frustrated Irritable

No Energy Lonely

Loss of Appetite Aches & Pains

Insomnia Stiff

Then take note and react,
come and join us at
St Luke's Methodist Church Centre
City Way, Rochester

**Every Tuesday and
Thursday
From 2pm to 3pm**



Enjoy gentle exercise to music
A chat and finish with a cup of tea



For further information contact
Angie on 01634 614809
Or just come along and meet us.

A Prayer

Now I lay down to sleep,
I pray the lord my shape to keep,
Please no wrinkles, please no bags
Please lift my butt before it sags.

Please no age spots, please no grey
As for my belly please take it away
Please keep me healthy, please keep me young
And thank you, Dear Lord, for all you've done.