

# YOUNG AT HEART ULO

## *EGGLESCLIFFE*



**THURSDAY**  
**1:15PM**  
**- 2:45PM**

**EGGLESCLIFFE COMM CTR,  
DURHAM LANE,  
EGGLESCLIFFE,  
TS16 0EH**

The group are supported and encouraged to take part in a range of activities that promote creativity, cognitive stimulation and physical activity, as well as engaging socially with other group members.

**£2 per person**

For more information contact  
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[www.facebook.com/YoungAtHeartULO](http://www.facebook.com/YoungAtHeartULO)