

# YOUNG AT HEART ULO

*GRANGEFIELD*



**WEDNESDAY**  
**12:30PM**  
**- 2PM**

**THE INSTITUTE,  
GRAYS ROAD,  
GRANGEFIELD,  
STOCKTON ON TEES,  
TS18 4LN**

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  
Alison Watson on 07590 535 448  
[www.facebook.com/YoungAtHeartULO](http://www.facebook.com/YoungAtHeartULO)