



Health & Wellbeing Programme at Training for Life Downside **FREE MEMBERSHIP**

Were you or your family in the forces?

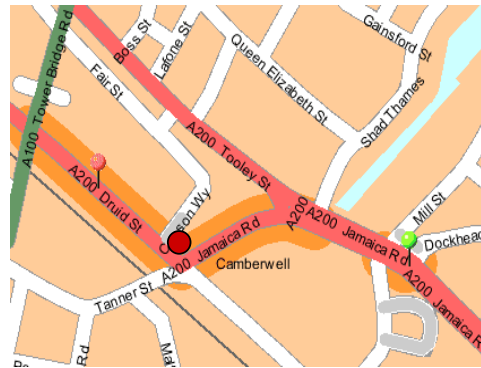
Come along to Training for Life Downside

Meet new people

Find out about free activities

Including Gym-Swimming pool-Lunch

Every Tuesday from 10 am



Training for Life Downside, Coxson
Place, Druid Street, London SE1 2EZ
0207 939 7400

TRAINING FOR LIFE



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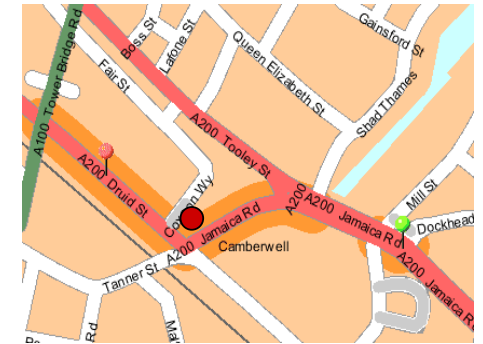
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