

Come and join a new research study!

The REACT study

Are you 65 years+, having difficulties with stairs and chairs, and looking to improve your mobility?



The 12 month **free** REACT program might be for you:

- **Group classes** to improve mobility, strength, flexibility and balance (Wednesdays & Fridays, 1:00 to 2:00pm)
AND/OR
- **Social and education** sessions focussed on health and wellbeing

*Both activities will take place at the Bath Sports & Leisure Centre,
North Parade Road – starting in July 2017*

For more information please get in contact with us:

- **Phone: 01225 385781**
- **Email: REACT@bath.ac.uk**



www.theREACTstudy.com

Retirement in Action Study
01225 385781
REACT@bath.ac.uk



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