

## **Forever Active Monthly Member Newsletter – September 2020**

How do you fancy starting your week as you mean to go on?

We are piloting a New Outdoor Strength and Balance session behind the Trumpington Pavilion - starting Monday 12<sup>th</sup> October 11am -12 noon.

The sessions are aimed at helping you to build stronger bones and muscles, and increase your stability as well as boost your natural immunity. The new sessions are the perfect way to continue your strength and balance exercises in a safe outdoor group environment. All the exercises will have supported or seated options and tailored to your ability.....sounds good?

Well it gets better, not only is it in the open fresh air, led by Chris Lee a very experienced personal trainer, but the first session is completely free, so please come along and have a go, or just come to watch, we will take good care of you.

If you are unsure, why not come along and have a chat with our experts Simon and Lisa who will be at the first session to support Chris.

This is an ideal way to stay inspired, stay active and stay independent.

Venue address: Paget Road, Trumpington, Cambridge CB2 9JF

Booking is essential at [enquiries@forever-active.org.uk](mailto:enquiries@forever-active.org.uk)

Please note toilets are NOT available.

### **Virtual AGM**

Due the current circumstances Forever Active will be running the Annual General Meeting on Zoom. The planned date for this is Thursday 26<sup>th</sup> November. Details and time will be confirmed in the October newsletter.

Best wishes

The Forever Active Team

**Please note: You have received this email if you are a member or partner organisation of Forever Active. If you would prefer not to receive a monthly newsletter, please email your details to: [enquiries@forever-active.org.uk](mailto:enquiries@forever-active.org.uk)**