## **OLDER ADULTS PHYSICAL ACTIVITY TIMETABLE**

The Better Community Sport programme is delivered in partnership with Lewisham to provide physical activity & sport in the community; that is accessible for all.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

For more information on the programme please visit **better.org.uk/lewisham** 





Better is a registered trademark and trading name of GLL (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 registration no. 27793R. Registered office: Middlegate House, The Royal Arsenal, London, SE18 6SX. Inland Revenue Charity no: XR43398 VAT registration no: 219749179.

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