

Oomph!

Our Organisation Makes People Happy



Our Organisation Makes People Happy (Oomph!) create programmes of fitness and health, specifically targeted for older people, to improve physical and emotional well-being

Join our regular sessions held at the village, it's a great way to exercise and have fun at the same time!

Cost £3

Contact reception for details of upcoming sessions

New faces welcome

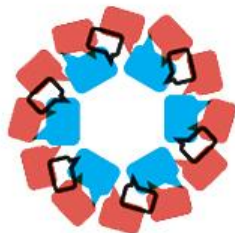


www.oomph-wellness.org



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Find out more at <http://www.oomph-wellness.org/>