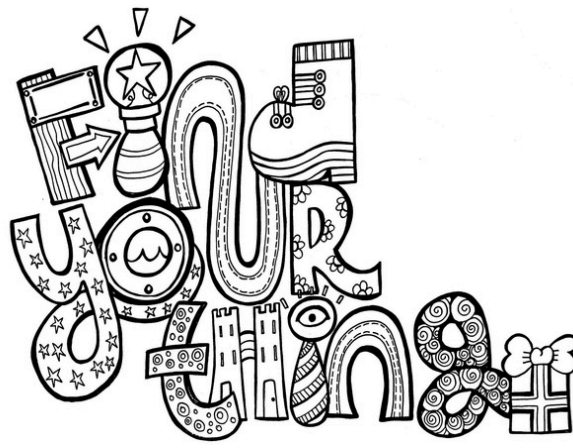




and do it for longer!



# Live Longer Better & Stay Stronger for Longer!

Come along to try out activities,  
find out more, and tell us what  
matters to you.

FREE activities, food and raffle.

ST MATTHEW'S CHURCH,  
WYCH LANE, PO13 0NL  
MONDAY 27 JULY 2026

11AM-2PM

All  
welcome



Find out more at [www.loveoutdoors.org.uk/llb](http://www.loveoutdoors.org.uk/llb)

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