

International Women's Day

at Frank Myler Pavilion



Wednesday 8th March 2023

Join us to celebrate at Frank Myler Pavilion

Liverpool road, Widnes WA8 7EZ
All Welcome

- **Free classes**

10.15-11am Toning Class

Places are limited call fitstream to book: 07710 509186

11am- 12pm Pilates for Beginners

Places are limited call Nikki to book: 07986 576058

2-3pm Active Bingo

Prize bingo & just a little fun with chair-based
exercise using resistance bands

Places are limited call Paula to book 0151 511 8550

- **Free Refreshments**

Pop in for a chat and a cuppa

- **Free information (freebies)**

- Active Me- information about being more physically active
- Sure Start to Later Life- freebies and information for over 55's
- Fortuna Female Society Halton Launch their official Queens of Halton Awards, #EmpowerWomen, lucky dip
- Hygiene Bank donations welcome