

Healthy Lifestyle II



健康生活方式II



日期: 2015年7月29日; 8月5,19和26日;

9月9和23日; 10月14和21日;

11月4和18日; 12月2和16日(活動日期可能變動)

Date: 29 July; 5, 19, 26 August; 9, 23 September; 14, 21 October; 4, 18 November; 2, 16 December 2015

(Subject to change)

時間: 上午11:30時至下午1:30時 Time: 11:30am-1:30pm

地點: 本會樓下大廳

Venue: BACWG Church Hall, Thomas Street, St Pauls, Bristol, BS2 9LL

對象: 華人社區成員, 尤其長者.

Target: Members of the Chinese community particularly the elderly

目的: 解除寂寞

Reduce loneliness & isolation

Aims: 認識新朋友或聚舊

Meet new & old friends

保持積極的生活模式

Maintain an active lifestyle

活動內容: 唱歌

Singing

Activities 健康舞/運動

Gentle exercise/health dance

講故事

Story telling

費用: 免費

Costs: Free

如欲查詢及報名, 請立即致電本會辦公室0117 935 1462

For queries or to register, please call 0117 935 1462



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