**FLEXERCISE**

**Leaders Workshop**

**Booking Form**



Monday 21st May

Or

Monday 24th September

From 11am-2:30pm

Wellsprings Leisure Centre,

Taunton

Includes:

* Learning how to deliver fun, safe and exciting chair-based activities designed to promote physical activity and mental wellbeing.
* Learning how to adapt activities for different ages, abilities, disabilities and to your care setting.

Suitable for care staff, activity co-ordinators and volunteers working with older adults.

For further information please contact:

Ali Cottey 01823 273085 or [alison.cottey@gll.org](mailto:alison.cottey@gll.org)

Greenwich Leisure Limited is commissioned by Somerset County Council to deliver Flexercise courses in Taunton Deane.

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| **Flexercise Workshop 2018**  (Please note priority for this course will be given to those working/volunteering in Taunton Deane) |
| **Name:** |
| **Place of work (or volunteering):** |
| **Email Address:** |
| **Telephone No:** |
| **Correspondence address:** |
| **Special Requirements:** |
| **Which date you would like to attend: (please tick)**  **Monday 21st May Monday 24th September** |
| Cost is £10 per participant.  Cheques to be made payable to ‘Greenwich Leisure Limited’.  Please return completed forms with payment to: Ali Cottey  Wellsprings Leisure Centre, Cheddon Road, Taunton, TA2 7QP  Email: [alison.cottey@gll.org](mailto:alison.cottey@gll.org) Tel no: 01823 273085  *Please note, at least 48 hours notice of non-attendance is required*  *in order to receive a refund.* |