



WEDNESDAY 16TH SEPTEMBER
6.30PM – 8.00PM



AT LIZNOJAN BOOKSHOP

THIS MONTH'S THEME IS

Movement & Exercise

The best types of movement to support
your body and mind in midlife and beyond.

We'll explore the benefits of regular movement, the best
types of exercise for midlife, how to stay motivated,
and how to move in a way that feels good for you.



A welcoming space to share, listen and learn together.



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