

FITNESS IN THE PARK

Join us for a fun fitness session led by a
qualified fitness instructor



Monday 5th August



10am-12pm



**Meet opposite the Lodge,
Norman Park, Hook Farm Road,
Bromley, BR2 9SX**

All abilities and fitness levels welcome. Please bring a water bottle to keep hydrated and wear comfortable clothing and footwear. Booking required.

Please contact us by telephone or email to book your place.

PHONE

020 8466 0790

EMAIL

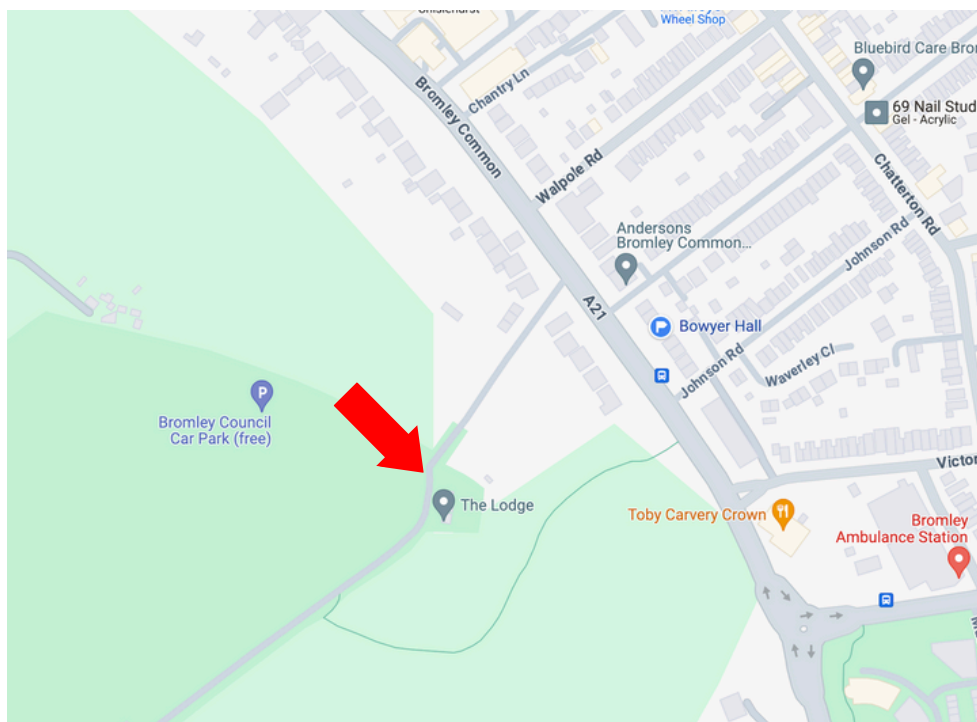
emma.andrew@bromleywell.org.uk

MAP AND DIRECTIONS

**Meet on the grass area opposite the Lodge,
Norman Park, Hook Farm Road,
Bromley, BR2 9SX**



Norman Park is a short walk
(about 10 minutes) from the Bromley
Mencap office.



Our goal is to empower individuals with learning difficulties to reach their full potential and lead independent and fulfilling lives. Through our workshops, we are committed to helping people do just that.