

# Tae Kwon Do/Self Defence



**Every Thursday**  
**1pm - 2pm**

Come and enjoy a gentle martial arts based exercise session containing some elements of self defence

£6 per session - Booking essential

For more information please speak to a member of staff or call

**01724 849819**

www: [ageuk.org.uk/lindsey](http://ageuk.org.uk/lindsey)