



LONDON COLNEY PARISH COUNCIL

PRESS RELEASE

MOVE IT OR LOSE IT

Adults aged 65 or older who are generally fit and have no health conditions that limit their mobility should try to be active daily. London Colney Parish Council believe that all residents should have access to exercise.

We already run a very popular seated exercise class on Mondays at the Caledon Community Centre and have now secured funding from St Albans District Council and St Albans Old People's Trust to run an additional course on Thursdays from 11am which will start on Thursday 10 January 2019. It will be free to attend and after your exercise class, you could enjoy lunch in our popular lunch club which is open to residents and non-residents alike.

Cllr Malcolm MacMillan, Chairman of the Parish Council said, "The aim of the seated exercises classes run by the Parish Council is to combat both loneliness but also physical wellbeing. Not only do attendees participate in physical activity, they have an opportunity to interact with other attendees. We are keen to build on the success of our Monday morning seated exercise class which is often attended by more than 50 residents. With the additional funding secured from the District Council and St Albans Old People's Trust we can offer this additional class and hope that as many residents as possible attend."

End

FOR FURTHER INFORMATION; Parish office: 01727 821314 and Cllr MacMillan: 07788 418497

