

# Is it about time you had a **Fitness MOT?**

GO Active Gold is offering free fitness check ups and activity advice to all aged 60+

**Get in contact for your  
FREE Fitness MOT at  
one of our events  
(drinks provided afterwards )**



Venue: Sonning Common Village hall  
Date: Thursday 3 May 2018  
Time: 11 am - 13 pm

**To book your space, contact:**  
Simone Passeri 07717 326661  
[simone.passeri@southandvale.gov.uk](mailto:simone.passeri@southandvale.gov.uk)



Listening Learning Leading