

JUST for H.I.M.

Free Event

(Health Improvements for Men)

Guest Speaker

Tony Cottee

ex West Ham & England player!



Information Stands
Health Checks

Free Refreshments!

When? Tuesday 11th October 1.30—3.30pm

Where? YMCA, Roneo Corner, Romford

Who? Anyone 50+ welcome

How? Ring **01708 345138 NOW** to reserve
your free place, first come first served!

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