



Active Lives

Have fun and stay active!

Torbay Healthy Ageing Programme



Would you like to start a **FREE** Course
all about empowering **YOU** to maintain and
improve your Health and Wellbeing?

All classes run once a week for 9 weeks from 10:30am – 1:30pm, with an optional social lunch from 1:30pm to 2:30pm.

- Tuesdays in Brixham commencing 6th of October 2026, Brixham Baptist Church, Market Street, Brixham TQ5 8EU
- Wednesday in Torquay commencing 7th of October 2026, Upton Vale Baptist Church, St Marychurch Road, Torquay TQ1 3HY
- Thursdays in Paignton commencing 8th of October 2026, Paignton Baptist Church, Winner Street, Paignton TQ3 3BN

Activity Weeks - Keep these weeks free 2nd to 6th of November and 16th to 20th of November for exciting, new, **free** activities to try.

BOOKING IS ESSENTIAL – FOR MORE DETAILS:

Jess Slade 07772 023170 jessslade@torbaycdt.org.uk Or
visit <https://torbaycitizensassembly.co.uk/active-lives/>

*'The course made me realise the importance of
looking after myself both physically and mentally.'*

*'Biggest key message for me from the course. We must do more each
year as we age - NOT LESS - I can and I will do more
and give new things ago, from now on.'*

Courses delivered for free through the Healthy Ageing Programme funded by Torbay Council.





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