

Activity groups for the over 75s

Could you support older people to be more active?



Would you like to get a group of older people active and engaged with their local community? We can support you to launch an activity group in your area.

At Re-engage we organise activity groups for people aged 75 and over to help reduce loneliness, social isolation and improve physical wellbeing.

Our groups host a range of activities including dance, chair yoga, tai chi, light fitness, singing and boules.

We are looking for volunteer activity group leads to run a local Re-engage group in their area.

Please get in touch.

Call **020 7240 0630**, email **info@reengage.org.uk**
or visit **www.reengage.org.uk**