



British Muslim Association of Merton

PHYSICAL EXERCISE SESSIONS



BMAM has organised weekly group physical exercise sessions in collaboration with the Asian Elderly Group of Merton.

- All sessions are supervised by a qualified fitness instructor
- Cooked food is provided at the end of the sessions

Sessions will be held at the following centres:

Monday & Wednesday

Guardian Centre, 67 Clarendon Road,
Colliers Wood, London SW19 2 DX

Thursday

Mansel Road Centre, Mansel Road,
Wimbledon, London SW19 4AA

Please arrive promptly at 11.30am for a one hour session starting at 12:00pm.

Please book in advance

EID PARTY HEALTH & WELLBEING SEMINAR

Friday 9th November, 2012
at 6.30pm

Eid Party with Musical Events
&

Seminar on Obesity
Nutrition and TB
at

Merton Civic Centre,
London Road,
Morden
SM4 5DX

Dinner will be provided at 8.30 pm



In Association with:

London | Catalyst



For further information please contact Abdul Latif on 0771 137 6629