

**Free Festive Nia
Dance Fitness Class
Seasonal Refreshments
Mini Craft Fair**



Hand-crafted gifts
Christmas presents & cards

**Wednesday 14 December 2016
10.00 – 12.30**

Woodham Village Community Centre

Nia is a low-impact, fun series of moves to a great mix of music. All levels of fitness welcome. No experience needed.

**Donations in support of the
Woodham Village Community Association
Defibrillator & CPR training appeal welcome**

For more information about Nia or to bring your craft items to this event, please contact Anne
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