

# NEW interest group

# Healthy Living

One of our members, *Dr Sonia Sassoon* (a retired G.P.) will lead a monthly group to discuss topics raised by members, such as:

- Nutrition and diet
- Exercise and keeping fit
- And, other health issues in the news

Sessions will be held at the Century Bowling Club at 10am on the second Tuesday of the month, starting on the 9<sup>th</sup> May.

For more information contact: **Peter Rummer**, KU3A Interest Groups' Coordinator, at: [ku3agroups@outlook.com](mailto:ku3agroups@outlook.com) or 020 8907 3512