



Seniors Acting Together (SAT)

“An exciting new project for seniors”

Embrace UK is launching a new service for seniors that will run the following;

- A forum
- Coffee Mornings
- Physical Exercise i.e. chair-based exercise, tai chi
 - Free access to all services at Embrace UK
- Inter-Generational activities such as arts & crafts, story telling, IT and social media skills

For more information please contact us on **0208 801 9224** or e-mail

post@embraceuk.org