



Members' Recreative Day 25th September 2010

A fun day of Keep Fit with
Linda Moore & Julia Pagram

Mayflower High School
Stock Road
Billericay Essex CM12 0RT

10:00 – 16:00 (doors open 9.45)

This event is free to SEEKFA members and KFA members from outside the area who have supported the event in the past. There may be limited places for non-members at £25

4 keep fit sessions, a light buffet lunch & refreshments during the breaks



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www.emdp.org

All organisations involved in the production and delivery of our events are aware that participant involvement can necessitate considerable time and financial commitments. We would like access to these opportunities to be open to all and as such would urge you to make contact with your regional association to discuss opportunities for support should you require it.

Contact: email Rachel@colmer.me.uk or telephone 01638 720689.
Forms are available to download on www.easterncountieskfa.org.uk
All enquiries will be kept in strict confidence.

Only 50 places so book now!

Please send your application form to:

Ruth Garrett, 'Borrowdale', Gardiners Lane North,
Ramsden Crays, Billericay, Essex CM11 2XA

Email: garrett_rd@hotmail.com

Phone: 01268 525443

Go to the Eastern Counties website to download more application forms and for details of all events:
www.easterncountieskfa.org.uk

Cut here -----

Application Form

Name	
Address	
Postcode	
Tel. No	
Email	
Emergency contact name & phone no	
KFA membership no	
<p><i>Why not join the KFA and come to the event for free? (Subject to availability)</i></p>	

TIMETABLE

9:45	<i>Doors open for Registration</i>
10:00 - 11:00	Session 1 with Julia
11:00 - 11:15	<i>Break for refreshments</i>
11:15 - 12:15	Session 2 with Linda
12:15 - 13:30	<i>Buffet Lunch</i>
13:30 - 14:30	Session 3 with Julia
14:30 - 14:45	<i>Break for Refreshments</i>
14:45 - 15:45	Session 4 with Linda
15:45 - 16:00	Thank you & farewells