



YOU TIME

MAKE TIME FOR YOU

Improve your health, keep your mind active AND have a good time!

Leasaich do shlàinte, cùm d' inntinn beothail AGUS gabh tlachd às!

A programme of physical and social activities and events designed with you in mind to keep you fit, flexible and fabulous.

highlifehighland.com/youtime



Otago

Tuesday

1.30pm – 2.15pm

Lochaber Leisure Centre, Belford Road, Fort William, PH33 6BU

Tel: (01397) 704359

High Life Highland is a company limited by guarantee registered in Scotland No. SC407011 and is a registered Scottish charity no. SC042593.