



BME CARERS' PROJECT WOMEN'S ZUMBA® CLASSES

Wednesdays 11:30am-12:30pm
(Classes held during school term-time only)

**THE LECTURE HALL - COUNTY LIBRARY
NORTHGATE STREET, IPSWICH IP1 3DE**

Stay healthy and keep fit, join us at our regular BME Carers' Women's Zumba® Classes held every Wednesday (school term). Classes are open to all female members of the community but priority will be given to Carers, spaces are limited attendance by booking only.

For more information please contact:-
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BSC Multicultural Services
Supporting over 50 nationalities



SUFFOLK
Community
Foundation



Suffolk
County Council

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www.bscmulticulturalservices.org.uk

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