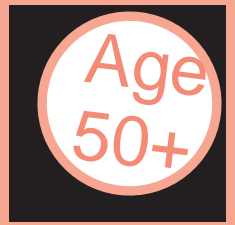


Fitness, food and friends

At Meridian Leisure Centre, Louth.



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from a whole range of completely free activities, to
Explore new age kurling, bocchia, tai chi, new exerc
mental health advice and even digital support!
