



# 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](http://highlifehighland.com/youtime)



**Otago**

**Wednesday**

**1.30pm – 2.15pm**

**Please book at Lochaber Leisure Centre reception or call 01397 704359**

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

Tel: (01397) 704359

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