

COMMUNITY EXERCISE GROUP

CHRISTMAS PARTY

15 DECEMBER 2022

WAMS held a Christmas Party at Apex Park to thank all 2022 participants for attending the exercise group.

The group took part in exercise games of tunnel ball, three legged race and egg and spoon race.

Whilst the group went on a 15 minute walk the party was set up and consisted of a platter of healthy fruits, cheeses, nuts and flavoured mineral water.

Each participant also received a "goodie" Christmas Bag which included a WAMS Badminton set and hat.



The group enjoyed the games and party with some deciding to come in fancy dress!

