



Charlbury Bowls Club

The **Little Ox Brew** Bowls Green,
74 Ticknell Piece Road,
Charlbury, OX7 3TW



Bowled Over

Especially for people with memory and thinking problems and their friends

FREE

Premium Sponsor of Charlbury Bowls Club

**Charlbury
Garage**

Hixet Wood, Charlbury, OX7 3SB

01608 810898

info@charlburygarage.co.uk

MOT, Servicing, Tyres & Exhausts, Body,
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compliant

Lawn bowls in the summer and short mat bowls in the winter are ideal to improve fitness and co-ordination, to increase confidence and self-esteem, and to enhance mental wellbeing, while engaging in a sport where social interaction is important

Try our *Bowled Over* sessions for people with memory and thinking problems and their friends. It's easy to learn and play.

Taster Session Monday 17 May
2.30pm—4.30pm

and then monthly thereafter.

With tea and biscuits.

For more information contact us via email, telephone, or our website or Facebook page.

enquiries@charlburybowls.co.uk Tel: 01993 868134 www.charlburybowls.co.uk