

# Born to Move

Our skeleton was designed for locomotion – our next move is our best move. A session about what is exercise, why do we need it, what exercise do we need & how much should we be doing?

Presented by Deborah Paul, a qualified fitness & nutrition instructor specialising in weight management & movement with a focus on menopause. Come ready to be enlightened and mobilised.

**Thursday 19 September 2024 at 7.30pm**  
at a **North London** location

Tickets: **£25 each**

To book: [wizouk.org/events](https://wizouk.org/events)

**Book early as places are limited.**

If you have any questions, please feel free to contact committee members:

**Deborah Paul: 07931 300 588**

**Kay Wierba: 07886 635 219**

All proceeds go towards the WIZO Emergency Appeal. WIZO is on the ground dealing with the day-to-day impact of the terror of this horrific war and urgently needs your support to provide vital care for the victims.

Like us: [facebook.com/wizouk](https://facebook.com/wizouk)  
Follow us: [twitter.com/wizouk](https://twitter.com/wizouk)  
[www.wizouk.org](https://www.wizouk.org)