



# Osteo Blast

**Strength & Weight Bearing  
Exercise to Improve Bone Health  
(Westminster Residents only)**

To enquire about eligibility and to book please contact Open Age  
Monday to Friday 9am-5pm **0208 962 4537**

**£1 per session**

<p><b>Mondays 2:00-3:00pm</b> Seymour Leisure Centre Seymour Place W1H 5TJ (Tube: Edgware Road)</p>	<p><b>Thursdays 10:30-11:30am</b> Warwick Community Centre 300 Harrow Road W2 5HG (Tube: Royal Oak)</p>	<p><b>Fridays 2:30-3:30pm</b> The Abbey Centre Great Smith St SW1P 3BU (Tube: Westminster/Victoria)</p>
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A pre-participation health questionnaire and PARQ will need to be completed before starting. These can be posted to you if you are eligible.