YORK 50+ FESTIVAL Thursday 5 October 2017

YOGA - St. Clement's Church Vestry with Anna Semlyen







1





6



SEATED T'AI CHI – Heworth Without Community Centre with Fran Haggerty











4 5

HEALTH WALK – from Art Gallery







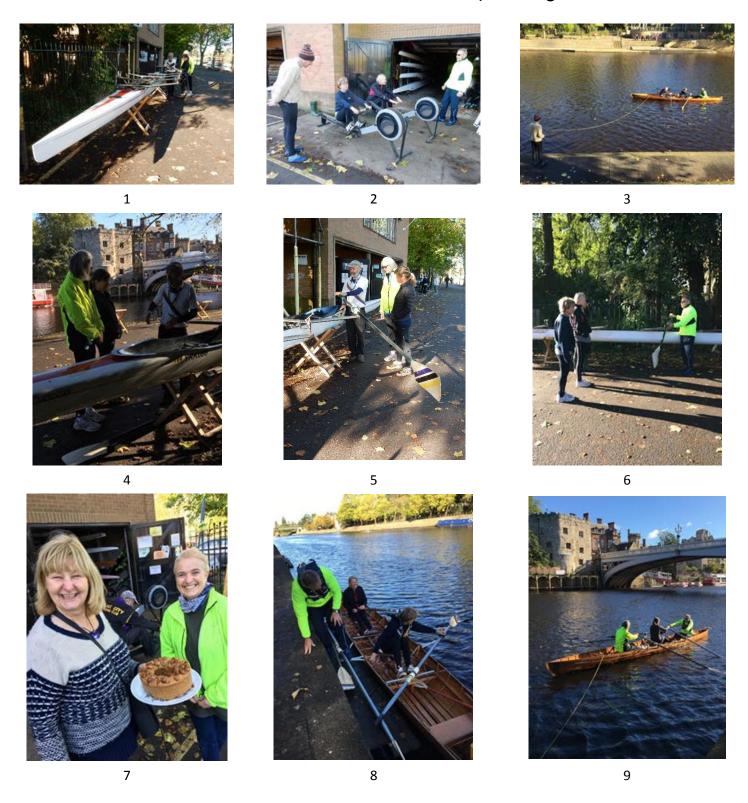






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ROWING TASTER SESSION - York City Rowing Club



Photos by Catherine Sotheran
Rowing 3, 4, 6, 7, 8 + 9 by Hilary Howe