

# SEACHANGE

HEALTH & HAPPINESS FOR ALL

Seachange is a **charity** that promotes good health and happiness for all ages in our community



We aim to make it easier to become more physically active, help combat loneliness, improve mental health and encourage involvement in our local community

**Please support us  
with a donation**



As a charity, we rely on the generosity of our community to keep Seachange running

A small donation from you can go a long way

**Please scan to make a donation**

## Booking activities at Seachange

You can find more information about each activity and the times on our website  
[www.seachangedevon.org/whats-on](http://www.seachangedevon.org/whats-on)

Call us to book a session or email  
[help@seachangedevon.org](mailto:help@seachangedevon.org)



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**Call 01395 446896**  
**[www.seachangedevon.org](http://www.seachangedevon.org)**

Seachange,  
East Budleigh Road,  
Budleigh Salterton  
EX9 6HF

Charity number: 1196379



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## What's on Timetable of classes and activities



-  Fitness
-  Health
-  Activities
-  Support

**Make the change. Seachange.**  
**[www.seachangedevon.org](http://www.seachangedevon.org)**

MONDAY	TIME

TUESDAY	TIME

WEDNESDAY	TIME



THURSDAY	TIME

FRIDAY	TIME



These activities are correct at time of printing but may change, please check our website for latest times and dates. Please book all classes before arrival to the venue

Book your space call 01395 446896

Some activities are subject to a fee, please ask when you book

[www.seachangedevon.org/whats-on](http://www.seachangedevon.org/whats-on)