

# Ever thought of learning to play Bridge?



**Research shows that learning any new skills and doing any form of regular mental activity has a significant positive effect on wellbeing.**

Taking up the game of Bridge has been proved to be hugely beneficial in this respect as well as promoting social interaction.

It is a great way to make new friends and to have regular events to look forward to. Even better, it is not an expensive new hobby and everyone can learn at their own pace.

**FREE BEGINNER  
LESSONS**



Rugby Bridge Club is a friendly club, playing at two different venues across the town. We are offering a whole academic year of free beginner lessons to anyone wanting to find out more and to learn how to play this fascinating game.

There is no commitment, so nothing to lose from coming along and finding out what it's all about.



Call Sue Osborne on **07766 192229**

or visit: [www.bridgewebs.com/rugby](http://www.bridgewebs.com/rugby)

Starting 16th Sept 2023 at Dunchurch Village Hall.

