

CHAIRBASED EXERCISE

Free session to be held on 21st August at 1pm
At Kincorth Community Centre.



Chairbased exercise is suitable for those who have reduced mobility; it is a safe and effective way to strengthen muscles.

The class will last no longer than an hour with time for a cuppa and a chat afterwards.

Please contact: Linda Asher on 01224 551660/0777 2578 436 or lasher@nhs.net