



RONNIE GARDINER METHOD

Healthcare and rehabilitation in harmony with
mind, body and spirit!

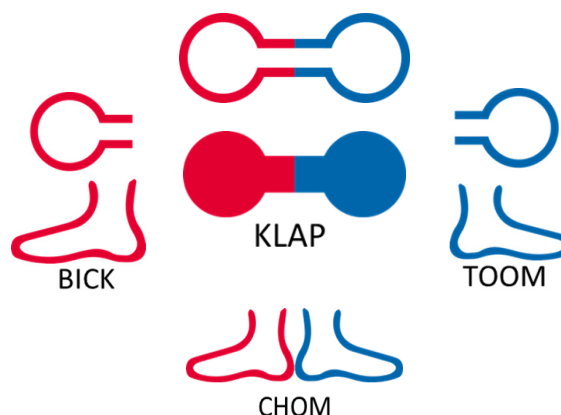


Multi Sensory exercise class

with Sheila Stafford RGM Master Practitioner

**The Gateway Centre,
Gillinggate, Kendal**

Starts Friday 28 April 2017
Fortnightly sessions
2.00 - 3.30pm



This fun exercise method uses rhythm, melody and harmony to help improve concentration, memory, coordination and balance and has potential benefits for everyone, but especially those who have diseases and injuries of the brain and central nervous system such as Parkinson's Disease, MS and Stroke patients.

Voluntary contribution of £3.00. Limited places available, to book a place or to find out more please contact helpline on **01539 728180** or Sheila Stafford on **07553747678**