

# Gentle exercise

Ladyholme Centre,  
Windermere Room

Every Thursday

2.00 - 3.00pm

Come along, keep fit and join in a fun chair based exercise class, which will help to improve your joint mobility and improve your balance.

Hope to see you there!

A suggested donation of £2.50 would be gratefully received.  
Tea and coffee included.

If you would like more information, please contact us on [01539 728118](tel:01539728118). We will be happy to help.



**Come and  
Join us**