

Strength and Balance

Exercise Class

Grange Health Centre

Kents Bank Road, Grange-over-Sands

Monday 2.00pm – 3.15pm

Please ring 01539 760001 to book a place

**Come and join our friendly exercise group
for a 12 week session**

All classes are Free

Working on Strength and Balance helps to keep you mobile and doing
all those jobs required for independent living.

All exercises can be done at an individual's own pace.

For more details please contact: - Karen at Royal Voluntary Service

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