

# Gentle exercise

The Rankin room, Victory Hall,  
Broughton in Furness

Every Friday

10.30 - 11.30am

Gentle chair based activities and  
exercises designed to:

- Improve your joint mobility.
- Improve your balance.
- Improve your memory and alertness.
- Help you to breathe more easily and relax.
- Benefit your posture and physical condition.

Come and join in the fun. It's good company and it will help you to keep nimble and healthy too. Tea and coffee included. A suggested donation of £2.50 would be gratefully received.

If you would like more information, please contact us on **01539 728118**. We will be happy to help.

