

# Gentle exercise

**The Gateway Centre  
Gillinggate, Kendal**

**Every Thursday  
10.30am-11.30am**

Come along, have fun and enjoy a gentle chair based exercise class to help improve your balance and mobility, followed by tea and chat. A suggested donation of £2.00 would be gratefully received. The Gateway Centre is located behind Captain French Surgery on Gillinggate.

**All welcome!**

If you would like more information please contact  
Helpline on **01539 728180** We will be happy to help.

