

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.

