

# Gentle exercise

Holme Parish Hall  
Every Wednesday  
11.00am - 12noon

Come along, have fun and enjoy 45 minutes of gentle chair based exercises to improve your balance and mobility, followed by tea and chat.

**A suggested donation of £2.50 would be gratefully received.**

**All Welcome.**

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

