

Gentle exercise



The Millom Pensioners Hall
Mainsgate Road
Millom

Tuesdays
2.00pm - 3.00pm

Please join us for a Gentle Chair Exercise Session which improves your balance and strength to help remain independent and a Tea or Coffee

A suggested donation of £2.50 would be gratefully received.



If you would like more information, please contact us on **01229 444465**
We will be happy to help.