

# Gentle exercise

Langdale  
Village Hall

**Mondays**

**2.00pm - 3.00pm**

Come along, have fun and try a gentle chair based exercise class which will help improve your balance and mobility, followed by tea and chat.

A suggested donation of £2.50 would be gratefully received.

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



**Starts on  
8 May**