

Community Strength and Balance Classes

Chair Based Exercises for all Abilities



COME AND JOIN US!

3 FREE CLASSES

BEFORE THE MONTHLY WOODHAM MORTIMER COFFEE MORNINGS

AT WM VILLAGE HALL ON:

OCTOBER 6TH – 9.30AM

NOVEMBER 3RD – 9.30AM

DECEMBER 1ST – 9.30AM

An exercise class for adults who want to improve their strength and balance and improve mobility.

SPONSORED BY

MALDON & DISTRICT

COMMUNITY VOLUNTARY SERVICE