



Stay active with *Chair Based Exercises!*

These gentle movements will help improve posture, balance and overall health.

After the class we will be offering tea, coffee and cake as well as some games and of course a good natter.

Thursday 30th January and 20th February at 11 a.m.

St Pip & St Jims Church, Cheltenham GL50 2DD

See you there!

Find out more

01242 370 797
cheltenham-tewkesbury@caremark.co.uk
caremark.co.uk/cheltenham-tewkesbury

