

NEW CLASS

CHAIR BASED EXERCISE

Free to attend

**Join us and embrace a healthier lifestyle from
the comfort of your chair.**

**Tuesdays 10:15am-11:00am
Lache Community Centre**

- Improve strength and mobility
- Safe & Gentle: Exercises designed to reduce risk and promote well-being.
- Boost mood and mental wellbeing
- Meet new people



Join Now!

All sessions are free to access, to book or
for more details contact

info@healthboxcic.com

0151 355 0205

NEW CLASS

CHAIR BASED EXERCISE

Free to attend

**Join us and embrace a healthier lifestyle from
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Mondays 13:30am-14:15am

Matthew Henry Evangelical Church, Blacon

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