

Do you know of a neighbour / friend who you think would also benefit from this class?
Then come & Join - 'LOVE TO MOVE' Chair Exercise Classes
at the new Clifton Campville Village Hall

Home Instead Senior Care, in partnership with the British Gymnastics Foundation have launched a chair based gymnastics programme specially designed to get 'more mature' people moving & functioning better!



Almost every exercise works on bi-lateral asymmetric movement patterns. Enabling the left & right side of the brain to process information independently, thus improving cognitive function, co-ordination, core strength and the ability to carry out activities of daily living more independently ... So basically it is great for all!



SO COME AND JOIN US FOR SOME FUN. WE WILL BE SERVING TEA, COFFEE & BISCUITS IN A FRIENDLY & ENCOURAGING ENVIRONMENT.
CLASSES START THURSDAY 2 SEPTEMBER 10:30 TO 12PM.



For more information & to book your place – contact:

Pat Green : 01827 373357 or

Email: patandcliffgreen@gmail.com

We ask for a donation of £3.50 to attend.

BOOKING ESSENTIAL AS NUMBERS LIMITED TO 12 TO

ALLOW 2M SOCIAL DISTANCING

(PREMISES COVID-19 SECURE & RISK ASSESSED)

