

Gentle exercise sessions



LADIES ONLY

Gentle exercise suitable for all ages who have limited mobility
The exercises are designed to improve your; balance, strengthen bones, and your overall physical wellbeing.

Start your day
with
Happiness
and
Gratitude

These sessions are free,
but donations are
welcome.



**St Chad's & St Mark's Church,
Lime Street WV3 0EX**

Starting Tuesday 27th September
2 PM - 3 PM



Please contact Maxine on
07368577450 for more information



**Active
Black Country**
Creating a healthy, active region

