

PARKINSON'S EXERCISE CLASSES



Everyone is
welcome to join in
our FUN
Parkinson's
chair based exercise
classes – with the
emphasis on
functional fitness!



The classes are held every
Tuesday morning from
10.30am and most Thursday
afternoons from 2.00pm at
Boldre War Memorial Hall,
Pilley, SO41 5QG, followed
by coffee, biscuits and chat!
£3 per session – Carers free.



Come along and join in!

Or ring 07595 927 299 for more details