

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