

Gentle Exercise



building inclusive communities, changing lives

A fun mixture of seated / standing exercises to music, tailored to improve flexibility, strength and balance.

**Every Tuesday 10:00-11:00 and 11:15-12:15
at Yealmspton Methodist Church
£5 per session (first session free)**

Delivered by fully qualified, experienced physiotherapists.
To find out more, call Maxine on 07450206312



Dementia Friendly Parishes
around the Yealm