



# Chair Based Exercise Class

Friday 11am-11.45am

***Holy Trinity Church, Spital***

This class is ideal for individuals with limited mobility, or anyone looking for a low-impact workout.

The exercises provided can help improve strength, flexibility, balance, and cardiovascular health.

Discover **Exciting Activities**  
and **Embrace New Experiences**  
with **Age UK Wirral** in 2024.

For further information, please contact:  
**Wellbeing Services**  
0151 482 3456 | [ageukwirral.org.uk](http://ageukwirral.org.uk)

£4  
per  
Session