

Chair Yoga for the over 50s

Thursdays from 27th April 2017

1.30 pm to 2.30 pm

**Great Hollands Community Centre
The Square, Great Hollands, Bracknell, RG12 8UX**

Do you have arthritis or joint pain? Do you find it stiff or painful when you go to tie your shoelaces? Would you like to be able to move more freely? If so, chair yoga is for you

A one hour weekly session can help mobilise stiff joints and improve flexibility.

Refreshments Included

Come along and make new friends too!

£5 per session—First session FREE

Contact Age UK Berkshire

Active Living Coordinator

0118 959 4242

Info@ageukberkshire.org.uk

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