

Balance & Movement

Monday 10.00am - 11.00am

£5.00 or £4.00 if you attend more than one weekly activity

Try your first activity for free

Enabling you to stay well, prevent falls and aiding you to stay mobile and active



For further information contact: Rashmi 07792826802

Venue: Scratchley Hall, 81 Brigstock Road, Thornton Heath, CR7 7JH

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