

**Free Chair Based Exercise Classes**

**Via Zoom**

**For residents in Barking and Dagenham**

**Every Tuesday at 11.30am – 12.30pm**

***Starting Tuesday 21st July 2021***

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**Or visit** [**www.ageuk.org.uk/redbridgebarkinghavering/**](http://www.ageuk.org.uk/redbridgebarkinghavering/)



**Barking and Dagenham, Havering and Redbridge CCG**