**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***

**For more information ring 07341 278919 or email:** **lorraine.barfoot@ageukrbh.org.uk**

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

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