

Chair based keep fit



**Help loosen your joints, to keep you active,
healthy and feeling good.**

Weekly sessions starting Wednesday
24th July 10.30am–11.30am

£3 per session (10 weeks sessions)

Gables Surgery
Markyate Road
Dagenham
RM8 2LD

For more information call

0208 220 6000

email admin@ageukrbh.org.uk

or visit www.ageuk.org.uk/redbridgebarkinghavering/