

Chair based keep fit



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

Weekly sessions starting Tuesday
23rd July 2019, 12pm–1.00pm
£3 per session (10 week sessions)

Tesco Roneo Corner
Community Room
300 Hornchurch Road
Hornchurch RM11 1PY

For more information call

0208 220 6000

email admin@ageukrbh.org.uk

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