



# Exercise and balance for health

## Tuesdays

Brasshouse community centre

Brasshouse Lane, Smethwick B66 1BA

Join our FREE 12 week exercise and balance class, every Tuesday (from 7th June) at Brasshouse community centre. Booking is essential.

10:00am - 11:15am - Risk Assessments for new members (each one should take around 20-30 mins)

11:30am - 12:30pm - Strength and Balance Exercise class

12:30pm - 13:00pm - Tea/ Coffee and chat (if people wish to)

For more information contact:

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