



Gentle Exercise Classes – Milnthorpe

Every Tuesday!
- 10:30 AM - 11:30 AM

Gentle Exercise classes for over-50s are now available in **Milnthorpe**! Stay active and healthy with simple, chair-based exercises aimed at improving your mobility & fitness!

There's **no need to book** a place or call ahead – simply come along to a class!



Supporting the Local Community

Class Address:

Catholic Church Hall,
Milnthorpe,
Cumbria,
LA7 7PS

Helpline

Tel: 030 300 30003

Administrator

Liz Dawes
Age UK South Lakeland
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