

Chair-Based Exercise



 South Lakeland
ageUK

Every Tuesday at 10:15 AM

Suggested Donation: £2

Refreshments Provided

To book a place or find out more about **Chair Based Exercises** in Windermere, please contact **Nine Oaks Housing Trust** on **015394 44436** on weekdays between 9:00am and 1:00pm, or email nineoakshousing@gmail.com.

Supporting the Local Community



NINE OAKS HOUSING TRUST

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