

Chair Based Yoga



Friday mornings 9:30am - 11:30am
Starting 8th June, Introductory price £4.00

A series of gentle exercises to encourage joint mobility, movement and balance, together with breathing and relaxation techniques to promote good health and well being.

Location: Lifestyle Centre, Gillibrand Street, Chorley, PR7 2EJ

For more information please call

01257 267293

email referrals@ageuklancs.org.uk

or visit www.ageuklancs.org.uk