


FREE Chair Exercise Class for over 50's

- Improve strength, balance and flexibility
- Low impact and gentle exercise
- Friendly environment
- Open to all

 **Thursdays**

 **2:15 - 3:15pm**

 **Lilestone Street
Community Hub,
4 Lilestone Street
NW8 8SU**



For more information/to book, email Jane:
JChanakira@openage.org.uk

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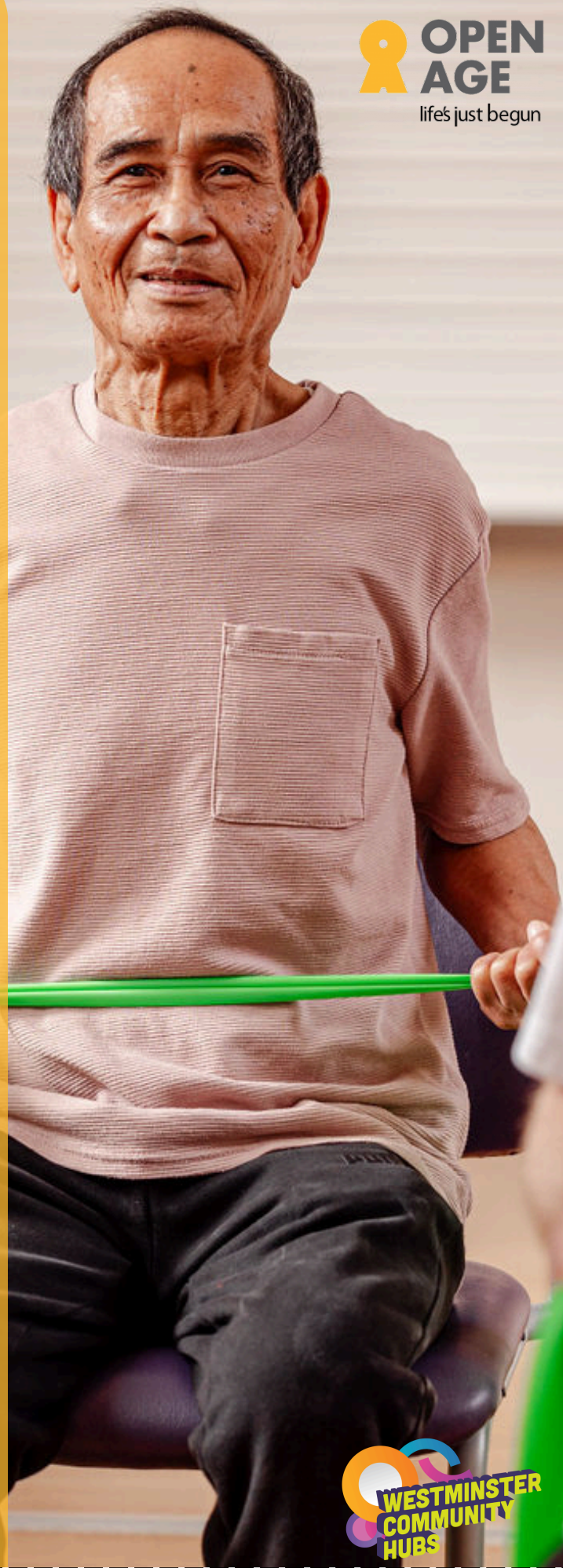
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