

LOW IMPACT EXERCISE CLASS



NEW TIMES
AVAILABLE

Come and enjoy gentle but effective exercise at one of our low impact or seated exercise classes in a safe environment led by a member of the Therapy Team.

Two sessions available on Tuesdays and Thursdays

- from **10.30am to 11.30am**
- from **11.30am to 12.30pm**

at **ellenor**, Gravesend DA11 7HQ

Just turn up and join in.

For more information on our classes, please call Andy on **01474 320007**

Registered charity no. 1121561

www.ellenor.org



ellenorcharity

*ellenor.**
hospice care in your home or ours