



Connecting Communities, Changing Lives

invite you to



SURREY OSTEOPATHY & WELLNESS

with support from



HEATHROW
COMMUNITY
TRUST

Chair Exercise in Music

Gentle movement, good company
and healthier living

*All
welcome!*
Suitable for
all abilities



Improve
mobility
and balance



Boost
wellbeing
and confidence



Meet new
people and
make friends



Keep active
and stimulated



Gentle, safe
and enjoyable

Sessions under the supervision of Surrey Osteopathy and Wellness Osteopaths



SESSION DATES
(Thursdays)

- 5 November 2026
- 3 December 2026
- 14 January 2027
- 11 February 2027
- 11 March 2027

*Free
of charge!*



Time:
6:00PM – 7:00PM



Venue:
Stanwell Rose Community Centre,
Mulberry Avenue, Stanwell TW19 7EF



To register or for more information:
Call **07387 145132** or Email ceo@friendship-alliance.com



Move. Connect. Thrive.



**FRIENDSHIP
ALLIANCE CIC**

Connecting Communities, Changing Lives



with support from
**HEATHROW
COMMUNITY
TRUST**

Mindfulness For All

You're not alone. We're here to help.

*Kind People
Stronger
Communities*



**Less
Stress**



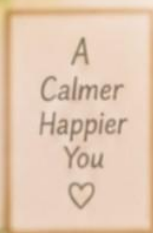
**Happier
Moods**



**Feel More
Connected**



**Simple
Techniques**



**FOR
EVERYONE**

Anyone feeling stressed, anxious or wanting to feel calmer and more confident.



FREE
Mindfulness
Sessions



THURSDAYS

29 October
26 November
10 December
21 January



6:00 – 7:00 PM



**Stanwell Rose
Community Centre**

Mulberry Avenue,
Stanwell, TW19 7SF



Book your place today!

Call or WhatsApp

07387 145132



Email:
ceo@friendship-alliance.com



Website:
www.friendship-alliance.com



Mind. Body. Community. Stronger *together.*