

Gentle Wellness



A supportive fitness session for people living with Parkinson's and other long-term health conditions.

Whether you're returning to exercise or unsure where to begin, our qualified instructor will help you take part at your own pace.

10th Nov start! Sessions include:

- Guided breathing and relaxation
- Gentle stretching and mobility exercises
- Strength, balance and coordination activities
- Seated, standing and supported options

£3

voluntary
contribution

Exercises can be adapted to your mobility, energy and confidence.

Every Tuesday

2.30 - 3.30pm

@ Hersham Centre
for the Community
KT12 5LU



IN PARTNERSHIP WITH

Deakin