Chair-Based Exercise Course Barrow

(Six-week programme)

compassionate communities
St Mary's Hospice Community Hub

Open to those with life-limiting conditions, carers, and those experiencing grief

Tuesday 12th January

3:00pm - 4:00pm

Free to attend, but booking required. Call: 01229 444407

St Mary's Community Hub
Duke Street
Barrow
LA14 5UJ



Our chair-based exercise sessions are the perfect way to stay active whilst meeting other people

Scan me for more info

Need more info? Visit stmaryshospice.org.uk
or call 01229 444407

RCN 517738

Registered with FUNDRAISING REGULATOR