Chair-Based Exercise Sessions Barrow

compassionate communities
St Mary's Hospice Community Hub

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

Tuesday 17th November
Tuesday 24th November
Tuesday 1st December
Tuesday 8th December

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

3:00pm - 4:00pm

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

Move, mingle and get into the festive spirit! Join our friendly, gentle sessions so you can keep active, enjoy movement and connect with others



FESTIVE POP-UP SESSIONS!

Scan me for more info

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

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