

**Do you know of a neighbour / friend who you think would also benefit from this class?**  
**Then come & Join - 'LOVE TO MOVE' Chair Exercise Classes**  
**at the new Clifton Campville Village Hall**

Home Instead Senior Care, in partnership with the British Gymnastics Foundation have launched a chair based gymnastics programme specially designed to get 'more mature' people moving & functioning better!

**Almost every exercise works on bi-lateral asymmetric movement patterns. Enabling the left & right side of the brain to process information independently, thus improving cognitive function, co-ordination, core strength and the ability to carry out activities of daily living more independently ... So basically it is great for all!**  
**SO COME AND JOIN US FOR SOME FUN. WE WILL BE SERVING TEA, COFFEE & BISCUITS IN A FRIENDLY & ENCOURAGING ENVIRONMENT.**  
**CLASSES START THURSDAY 2 SEPTEMBER 10:30 TO 12PM.**



For more information & to book your place – contact:

**Pat Green** : 01827 373357 or

**Email:** [patandcliffgreen@gmail.com](mailto:patandcliffgreen@gmail.com)

We ask for a donation of £4.50 to attend.

**BOOKING ESSENTIAL AS NUMBERS LIMITED TO 12 TO**

**ALLOW 2M SOCIAL DISTANCING**

**(PREMISES COVID-19 SECURE & RISK ASSESSED)**

