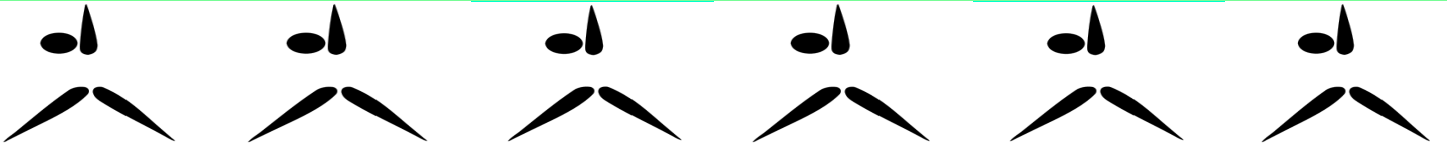


TOWNHEAD

Community Health Activities

Free

Townhead Village Hall
60 St Mungo Avenue, G4 0PL



Gentle Exercise

Simple and stimulating stretches and exercises to improve your fitness strength and lifestyle

Thursdays

11.00pm– 12.00pm

Starts

11th August-8th December 2016

(for 18 weeks)

If you would like more information please contact:
Michele Keenan, Project Development Worker on 0141-212-3984
or email michele.keenan@annexecommunities.org.uk