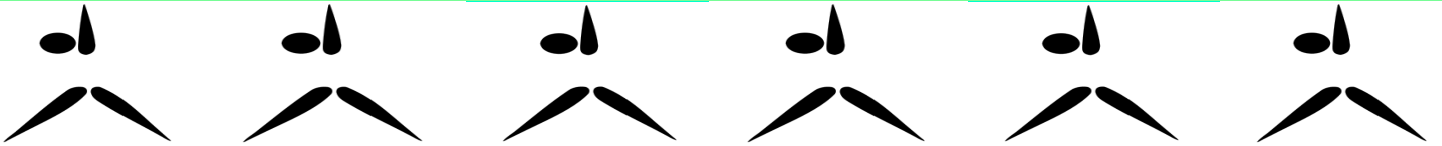


TOWNHEAD

Community Health Activities

Free

Townhead Village Hall
60 St Mungo Avenue, G4 0PL



Gentle Exercise

Thursdays

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

11.00pm– 12.00pm

Starts

2nd Oct – 4th Dec 2014

(for 10 weeks)

If you would like more information please contact:
Michele Keenan, Project Development Worker on 0141-357-6747
or email michele.keenan@annexecommunities.org.uk



PARTICK
HEALTHY LIVING CENTRE

