

# 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**

**23rd Jan –26th Mar 2020**

( for 10 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](mailto:michele.keenan@annexecommunities.org.uk)



Registered Charity: SC002491  
Company Number: SC215070  
[www.annexecommunities.org.uk](http://www.annexecommunities.org.uk)



GLASGOW COMMUNITY  
PLANNING PARTNERSHIP  
Supported by  
Integrated  
Grant Fund



*Wellbeing on your doorstep*  
**Annexe  
Communities**

PARTICK  
HEALTHY LIVING CENTRE



**Glasgow**  
CITY COUNCIL