

# **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**

**1st Aug – 19th Sept 2019**

**( for 8 weeks)**



If you would like more information please contact:  
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[www.annexecommunities.org.uk](http://www.annexecommunities.org.uk)



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