



Connects2Project

Gentle Exercise Class

coordinating slow flowing movement,
deep rhythmic breathing, and calm meditative
state of mind.

Stretch & strengthen
to improve circulation flexibility & balance



Enhance mood & focus
Increase your energy &
Improve health and overall well-being

Fridays 2-3pm

Starting

15th January 2016

£2



Registered Charity: SC002491
Company Number : SC215070

www.annexecommunities.org.uk



PARTICK
HEALTHY LIVING CENTRE

