

KNIGHTSWOOD

Community Health Club

Knightswood Community Centre

Thursdays 31st May - 21st June 2012

201 Alderman Road, Glasgow G13 3DD

Gentle Exercise (with Bob)

**Thursdays 2.30pm - 3.30pm
(For 4 weeks)**

Free Activity—All Welcome
Improve your fitness
Tone your muscles
**Increase your strength
and flexibility**

If you would like more information contact
Sandra MacDowell
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Wellbeing on your doorstep

**Annexe
Communities**

NHS
Greater Glasgow
and Clyde

