

# 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**

**3rd Aug—21st Sept**

( for 8 weeks)

If you would like more information please contact:  
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