

# 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**

**25th Jan - 29th Mar 2018**

( 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



**Annexe  
Communities**

PARTICK  
HEALTHY LIVING CENTRE



**Glasgow**  
CITY COUNCIL