

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

24th Jan-28th Mar 2019

(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



Registered Charity: SC002491
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www.annexecommunities.org.uk



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