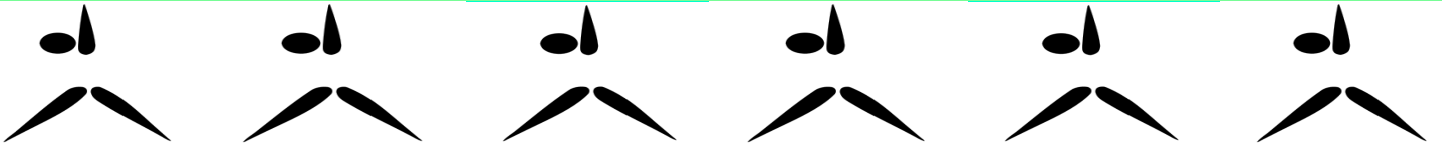


TOWNHEAD
Community Health Activities
Free

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

22nd January-26th March 2015

(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



PARTICK
HEALTHY LIVING CENTRE

