

**Tel: 07962 914002** ✕

**For building confidence**

**For mobility**

Stretch & roll ladies exercise class on every Thursday evening in the dance studio room at The Healthy Living Centre Knowle West Health Park Downton Road Knowle... £20.20 for any 10 sessions or £3 per session. Vintage-style exercise at your own pace, learning to work with your body & promoting positive mental health too! Please message me if you would like to come along 💜



**Fibromyalgia friendly**

**Relaxation**  
**Panic attacks**  
**Trauma recovery**

 **Edit**

**7.30-8.30pm**