

EXERCISE CLASS FOR SENIORS

Petya Savona who runs the class is an experienced chartered physiotherapist who already has regular clients in the village who speak highly of her.

She says the aims of the class are to:

- Improve your strength, balance and mobility so you can stay steady and safe, avoiding falls.
- Boost your mood and energy.

It's every Thursday at 10.00 am. To find out more and/or book your space, please ring Petya on 07552 129230 or email getitrightphysio@gmail.com.