



Physio-Led Classes for Seniors

provided by an experienced chartered
physiotherapist

- Improve your strength, balance and mobility
- Stay steady and safe (prevent falls)
- Boost your mood and energy

EVERY THURSDAY - 10 AM

At Whitchurch-On-Thames Village Hall

To find out more or book your space,

please ring **07552 129230**

or email getitrightphysio@gmail.com