



# 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](mailto:getitrightphysio@gmail.com)