

() **Time:** 9:20am - 10:15am

£ Cost: No Cost

Type: Face to Face

Fun and supportive groups to help improve strength, balance, and coordination

Wednesdays 9:20 - 10:15 am John Willie Sams Centre, Dudley



<u>Exercise</u> gentle exercises | classes |

coping with cancer

## **Related Documents**

• Exercise Classes - flyer.png

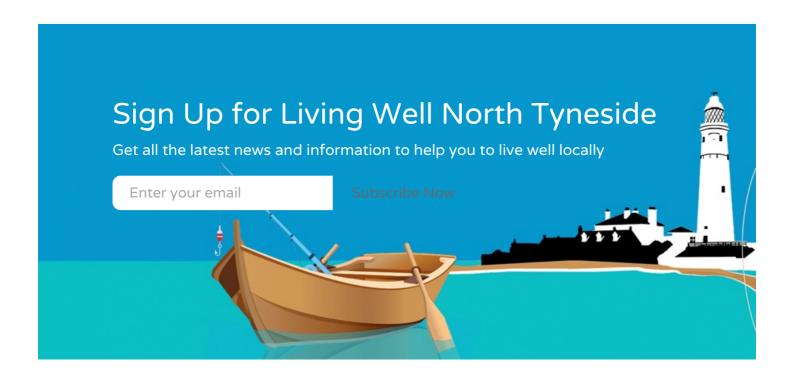




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