

Postural Stability Class

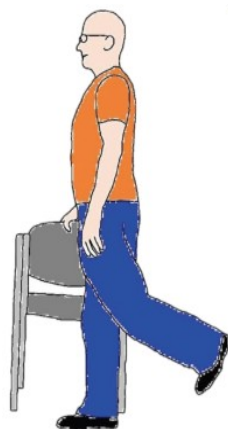
This class is a mixture of chair based and standing exercises to improve your strength, balance and increase your confidence.

Tuesday's
GL11 Community Hub
Cam
12.15am-1.15pm

Wednesday's
Maypole Hall, Stratford Road,
Stroud

11.30am - 12.30pm

£3.00 per class



Please note a referral from a health professional is required

Contact Martha Watkins
Healthy Lifestyles Co-ordinator on 07875 793158
or Martha.watkins@stroud.gov.uk