



Gently does it

Gentle exercise taster class suitable for older adults



When? : Tuesday 11th April

**Where?: St Martins Community Resource Centre,
(St Martins Church, Dalry Rd)**

When? : 10.30 - 11.15am

Cost? : FREE



**For further details please contact Caroline at Health all round
0131 337 1376, or e mail: caroline@healthallround.org.uk**