

# Exercise class for the over-65's

Monday	1.30 - 2.30 p.m.
Wednesday	1.30 - 2.30 p.m.
Friday	10.00 - 11.00 a.m.

at

Chorlton Good Neighbours Care Group  
Wilbraham St Ninians Church  
Egerton Road South  
Chorlton

A small contribution of £1.50 is charged

For further information and availability

**Contact** Mrs Helen Hibberd on 0161 881 2925

- All classes are taken by highly qualified exercise instructors
- You are welcome to stay on after the class for tea/coffee



**NHS**  
**Manchester**

Public Health Development Service