WELLBEING SESSIONS

- HUNGERFORD -

Led by qualified instructors these chair-based sessions are perfect for gently rebuilding your strength, suppleness, stamina and skill and more importantly, provide an opportunity to reconnect and socialise with others.

TO BOOK YOUR PLACE, please email kate.wiggins@getberkshireactive.org

EVERY MONDAY MORNING

***11.45am** to **12.15pm** from **9th August** 2021*

Venue: Royal British Legion, Hungerford

Qualified Instructor: Hayley

Please contact Kate to request a registration form and to book your place kate.wiggins@getberkshireactive.org

Get Berkshire Active

www.getberkshireactive.org