

# CARERS CONNECT

Gentle Pilates & Relaxation Classes

- Marisa Swain, a Fitness Pilates Health Coach will guide you through a wonderful session that will help to improve your physical, emotional and mental health.
- Learn techniques to improve breath, posture, muscular balance and core strength.
- Improve your mental cognition through a positive and relaxing meditation.
- Support and friendship from other carers.
- Light refreshments provided.



*Allow yourself some 'quality me time' in the company of other carers in tranquil surroundings.*

**When:** 3rd Tuesday of the month (from 19<sup>th</sup> October)  
10:30am - 12:30pm (45 minute class @ 11am)

**Where:** Bradwell Village Hall, Church Road  
Bradwell, Braintree CM77 8EP

**Cost:** £7 per class

**Contact:** Lydia on [07772152538](tel:07772152538) or  
Marisa on [07811441810](tel:07811441810)

*Come & try our free introductory class  
We look forward to welcoming you!*

