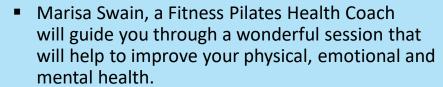
CARERS CONNECT

Gentle Pilates & Relaxation Classes



- 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 19th 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 <u>07772152538</u> or

Marisa on 07811441810

Come & try our free introductory class

We look forward to welcoming you!

