

SEATED EXERCISE



Every Tuesday & Wednesday

Volunteer Friends, Bulkington, CV12 9JB



To be eligible,
you must be
18+ and
registered with
one of the 11
GP surgeries
listed in the
registration
form.

To complete a
registration
form
please scan the
QR code or call
us via the
number
shown below.

*Our brand new FREE seated exercise class is
a great way to socialise, while taking
part in some fun, gentle exercise*

*45mins seated exercise, followed by
45mins refreshments, quizzes & chat*

To register, please scan the QR code or contact Lewis Robinson from SBITC, who runs these sessions on behalf of Nuneaton & Bedworth PCN, via the details below:

02476 786 349 | lewis.robinson@sbitc.org.uk

<https://www.nuneatonandbedworthpcn.co.uk/>

