

Gentle Exercise Class for Women 60+

A great opportunity to enjoy gentle movement to music and improve strength, fitness and mobility.

Where: St Barnabas' Parish Hall,
35 Boxhill Khandallah.

When: 9.30am on Tuesdays, starting
14 October 2008.

No Charge

Plus: An opportunity to discuss health issues, check blood pressure, and enjoy a cup of tea or coffee to finish.

CONTACT:

Hilary Black,
Onslow Anglicans Parish Nurse.
Phone : 479-4142



Onslow Anglicans
local • lively • loving

Te Rongoa Kākāriki **Green
Prescription**

Green Prescription