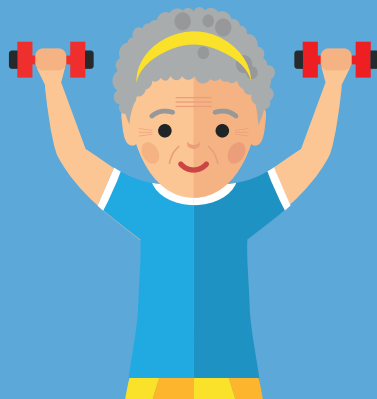


Keep Moving

A gentle exercise class for all!



Call us for dates!

Tuesdays (fortnightly)
From 11.00am

'Three Spires Physio' will lead our gentle exercise class for all, it can be standing or seated and will improve your core stability and flexibility. Complimentary refreshments available.

Come along and have a go!

Residential Care • Dementia Care • Respite Breaks

We hope you can join us! If you can't make this event please feel free to pop in anytime or call us:

Tel: 01543 419740

Stafford Road, Lichfield, WS13 8JD



**THE
SPIRES**

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