

Discover the Move Method
to Feel **Stronger**, Improve **Mobility**
and Maintain **Independence** !

First Class
is **FREE!**
(Value £8)

Let's get

YOU

Moving!

All **exercises** are chair based
Tuesday mornings 11.00–12.00

Sidlesham Memorial Hall

Selsey Road, Sidlesham, PO20 7RD

Text or WhatsApp Naomi & Quote '**CHAIR FIT SID**'



07970 827025