



SIMPLE • MOVEMENTS • IMPROVE • LIFE • EVERYDAY

## **SMILE Chair Based Adaptable and inclusive chair based exercise session.**

Suitable for adults of any age but particularly those  
65+ or those living with disabilities



**Venue:** Heatons Centre, SK4 3LD **Cost:** £3

**Date:** Every Tuesday

**Time:** 1pm - 2pm



For more information contact Gareth Ball:  
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