



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: Woodley Civic Hall

Cost: £3

Date: Every Monday (1 hour)

Time: 2:00pm



For more information contact Gareth Ball:
07800 764879 or email gareth.ball@lifeleisure.net