



# Active Aging Exercise Class!



Stay fit and have fun while exercising with our dedicated instructor, Hazel Davies.

Hazel is a Nutritional Therapist & Advanced-Level Personal Trainer

Open to anyone in the community who would benefit from more companionship and movement. To be held once a month on the first Wednesday of each month.



Please call to book your place.

**Wednesday 1st of May      9.15am to 9.45am**

**refreshments provided after the session**



**Raleigh Manor Care Home**

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