

Get Active

Weekly exercise group at
Witton Gilbert Methodist Chapel
Sacriston lane
Wednesdays 1.45-3.0pm
With Sandra Mountjoy
£2
For all ages and abilities.

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We use a variety of exercises to improve your strength, balance and co-ordination and wellbeing, including Tai Ch'i . You can exercise seated or standing, according to your ability.

Meet old and new friends in a relaxed and friendly atmosphere.



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*For more info please contact Gillie at the
Breathing Space project. breathingspacedurham@gmail.com*

Tel: 07508 471522/ 0191 3711387

<http://www.breathingspace.org.uk/>

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