

CHAIR EXERCISE GROUP

COME AND JOIN OUR CHAIR EXERCISE GROUP

EVERY WEDNESDAY

16TH APRIL FOR 12 WEEKS, 2.30-3.30PM AT BLETCHLEY YOUTH CENTRE, MK3 7BE

16TH APRIL FOR 12 WEEKS, 10.30-11.30AM WATER EATON CHURCH CENTRE, MK2 3RR

TO REGISTER FOR A PLACE CONTACT YOUR SURGERY VIA THE DETAILS BELOW



ZOE NEAL

ZOE TEACHES ALL AGES BUT HAS A PASSION FOR HELPING THOSE WITH MOBILITY ISSUES

BRIT. ASOC. FOR
CARDIOVASCULAR PREVENTION
& REHABILITATION - BACPR
SPECIALIST EXERCISE
INSTRUCTOR

LATER LIFE TRAINING - OTAGO -
STRENGTH & BALANCE

WITH A LIFETIME AWARD
CERTIFICATE IN FITNESS
INSTRUCTING/EXERCISE TO
MUSIC

ZOE MAKES EXERCISE FUN!

THE BENEFITS OF CHAIR EXERCISE

INCREASED FLEXIBILITY,
STRENGTH, CO-ORDINATION
AND CIRCULATION!



THIS IS AN IDEAL ACTIVITY FOR ANYONE WHO IS FRAIL, STRUGGLING WITH MOBILITY & WANTING TO IMPROVE THEIR FITNESS WITHOUT GOING TO A GYM

**WEAR COMFY CLOTHES
BRING A BOTTLE OF WATER
FREE PARKING
LIFT AVAILABLE**



THE BLETCHLEY PATHFINDER PROJECT CONSISTS OF FIVE GP PRACTICES BASED IN BLETCHLEY THAT ARE WORKING TOGETHER WITH THE COUNCIL AND OTHER AGENCIES TO BENEFIT THE LOCAL POPULATION

RED HOUSE - 01908 375111 / REDHOUSE@NHS.NET

WHADDON - BLMKICB.WHADDONHEALTHCARE@NHS.NET

BEDFORD ST - 01908 658850

PARKSIDE 01908 375341 / PARKSIDEHC@NHS.NET

WESTFIELD RD - 01908 377103

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