

CHAIR EXERCISE GROUP

COME AND JOIN OUR CHAIR EXERCISE GROUP
EVERY WEDNESDAY

AT BLETCHLEY YOUTH CENTRE, MK3 7BE - 7TH JANUARY, 2.30-3.30PM

& WATER EATON CHURCH CENTRE, MK2 3RR - 7TH JANUARY, 10.30-11.30AM

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



ZOE NEAL

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

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



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 / REDSHOUSE@NHS.NET
WHADDON - BLMKICB.WHADDONHEALTHCARE@NHS.NET
BEDFORD ST - 01908 658850
PARKSIDE 01908 375341 / PARKSIDEHC@NHS.NET
WESTFIELD RD - 01908 377103
[/WESTFIELDSURGERY@NHS.NET](mailto:WESTFIELDSURGERY@NHS.NET)

