



FOUNDATION



ACTIVATE SENIORS PROGRAMME

30 MINUTES CHAIR-BASED EXERCISE



Times:
10:30 to 11:00

When:
(all dates are Tuesdays)

Where:
St Andrews Church Greyhound Road,
W14 9SA
London

23rd
January
2018

27th
February
2018

27th
March
2018

24th
April
2018

22nd
May
2018

26th
June
2018

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