



Morriso Health

LEARN HOW TO EXERCISE SAFELY FROM A CHAIR

SEATED EXERCISE & DANCE

buzz

Manchester
Health & Wellbeing
Service

YOU CAN BOOST YOUR ENERGY & REDUCE JOINT STIFFNESS WHILE MEETING
NEW PEOPLE AND HAVING A BIT OF FUN TOO



WHEN?

Every Monday at 11:30 am

WHERE? No93 Harpurhey



93 Church Ln,
Manchester
M9 5BG

Telephone:

0161 205 0118

07504 831 651



[HTTPS://MORRISOHEALTH.CLOUDSTUDIOS.COM/](https://morrissohealth.cloudstudios.com/)