



# PARKINSON'S EXERCISE CLASS

WEEKLY FROM TUESDAY 5TH NOVEMBER 2019

## FREE EXERCISE CLASSES FOR ALL AFFECTED BY PARKINSON'S.

PCSUK, are proud to be the UK's number 1 Parkinson's charity focussing on natural remedies alternative therapies and non-pharmaceutical research.

**CARERS WELCOME**

**11.30am - 12.30pm**



**HELPING PEOPLE AFFECTED BY PARKINSON'S**



**\*\* NEW COMERS, PLEASE ARRIVE 15 MINS BEFORE CLASS TO REGISTER \*\***

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A charity registered in England and Wales (1179246) and in Scotland (SC048881)