



PARKINSON'S TAI CHI CLASS

EVERY THURSDAY FROM 12TH DECEMBER 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

10.45 - 11.45am



**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)