



COMMUNITY EXERCISE CLASS

DUNVEGAN HALL
TUESDAYS 2-3PM

IF YOU HAVE A LONG TERM CONDITION OR
JUST FEEL YOUR HEALTH AND WELLBEING
WOULD BENEFIT FROM SOME GENTLE EXERCISE
IN A FRIENDLY ATMOSPHERE, THIS IS THE FREE
CLASS FOR YOU!

TRANSPORT AVAILABLE IF REQUIRED

IF YOU'RE UNSURE IF THIS IS FOR YOU SPEAK TO YOUR
DOCTOR OR NURSE, FOR MORE INFORMATION PHONE
DONNA ON 07879460226

SUPPORTED BY DUNVEGAN COMMUNITY TRUST AND STRUAN
COMMUNITY TRUST

