

Life Balance –

A Circuit Based Exercise Class for people with Multiple Sclerosis or Parkinsons

All abilities welcome – exercises adapted to individual need

Tuesdays 11.30-12.30 (from 14 January 2014)

@ Henbury Leisure Centre, Avonmouth Way,
Henbury BS10 7NG. Contact Alistair Mc Farlane –
0117 3532554, Mobile 07825 033741

Saturdays 10.30-11.30 (from 18 January 2014)

@ Hengrove Park Leisure Centre,
The Promenade, Hengrove Park, Bristol BS14 0DE.
Contact Henry Mace – 0117 937 0205

Classes £2.95 or book 6 for £15.95 (10% discount)

*An initiative of Bristol City Council
and the Bristol branches of the
MS Society and Parkinsons UK*

PARKINSON'S^{UK}
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MS

Multiple Sclerosis Society

MS Helpline: 0808 800 8000 (Freephone)

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