

**Annie Wyatt**  
Mobile Chartered  
Physiotherapist



# Balance Class

at

Lifton Community Centre

Wednesdays 10–11am

Starting 12<sup>th</sup> February 2020

Suitable for anyone who wants to improve their balance, core stability, strength and co-ordination. The class includes a combination of different exercises, and helps to prevent falls.

£7 per class

For further information please contact

Annie on:

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