



To: Doctors' Surgeries, Supported Housing, Local Agencies
From: Lancashire Adult Learning
CC:
Date: 3rd May 2011

Dear All

Would you please pass the following information to clients who may be interested.

Very Gentle Exercise and Relaxation – free course

for people with limited mobility or managing illness
Mondays 1.30-3.30pm (with tea-break), starting 9th May



Lancaster Baptist Church, Robert Street, Lancaster

Small, friendly group led by an experienced tutor. Participants will learn a range of gentle exercises suited to their individual needs, healthy breathing and relaxation techniques.

Here are some comments from previous participants:

'really enjoyed course - learnt a lot!! Changed my mind set - what I "can do" NOT what I can't do. Made me appreciate my mobility and pain free times. Lovely group of people.'

'The course has been very helpful in many ways that can be used in everyday life. It was very relaxing and variety of exercises was very well put over by our tutor'

Lancashire Adult Learning – Adult College Lancaster

For more information or to express an interest – contact:

Naomi Parsons – Administrator

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