



Wellbeing



FREE Stretch and Connect

What it is...

A chair-based exercise movement and mindfulness practice to give you tools to help unwind and destress by breathing and self-massage.



Benefits



Improves flexibility, strength and balance

Reduces anxiety, stress, insomnia and aches and pains.

Helps with relaxation

When and where

Emmanuel Church
96 Clive Road, Norwood,
London, SE21 8BU

Thursdays 2pm - 2.45pm,
starting 25th April!



*Nearest
buses 322
or 3*



Register on the day or by emailing
Wellbeing@centre70.org.uk