

EXTEND[®] EXERCISE

Established 1976

Exercise with music for
Older People and Disabled Adults

COME & JOIN OUR UNIQUE CLASSES

Benefits of **EXTEND** classes:

- ✗ Improved mobility and co-ordination
- ✗ Improved balance and strength
- ✗ Increase confidence and independence
- ✗ Exercises are adapted for seated and standing
- ✗ Fun and friendship



Promoting an **independent, active lifestyle** through **exercise**

FOLLOW US ON   

Head office : **01582 832 760**

Website : **www.extend.org.uk**

Registered Charity Number : 802498



ON: FRIDAYS
AT: 10.30am for 45 mins
AT: GLEN VUE
Railway Approach
East Grinstead RH19 1BS

£4 Per class PAYG

**Delivered in
Association with
Better Breathing,
The East Grinstead
COPD Support Group.**
To book a place, contact:
Loral Bennett
01342
302232/07910519968
loralbennett@hotmail.co.uk.

EXTEND CLASS TUTOR:
Bip Slater: 07976 154562