

THE HERON PRACTICE

OVER 50?

YES?! Then you qualify for...

FREE

FUN EXERCISE CLASSES at The
John Scott Health Centre run by The
Sharp End.

- *Meet New Friends***
- *Energise Your Body***
- *Reduce Stress***

**Every Friday for 8 weeks starting
11th January 2019: 12.30pm- 1.30pm**

Ask at reception for details



