



DO YOU provide Chair-based Exercises to older, frailer people?

Tuesday 12 October 2010, 9.15am - 4.30 pm

The Magnet Centre, 1 Christ Church Courtyard, London Road, St Leonards TN37 6GL (5 minutes from Warrior Square Railway Station)

Enrol on a Professional Development Day

improve skills knowledge
 identify new research
 learn new Strength, Balance and Stretch exercises
 Earn 4 REPs points
 EXTEND and OTAGO tutors also welcome

£25 per person - Booking essential
 Health Development Service