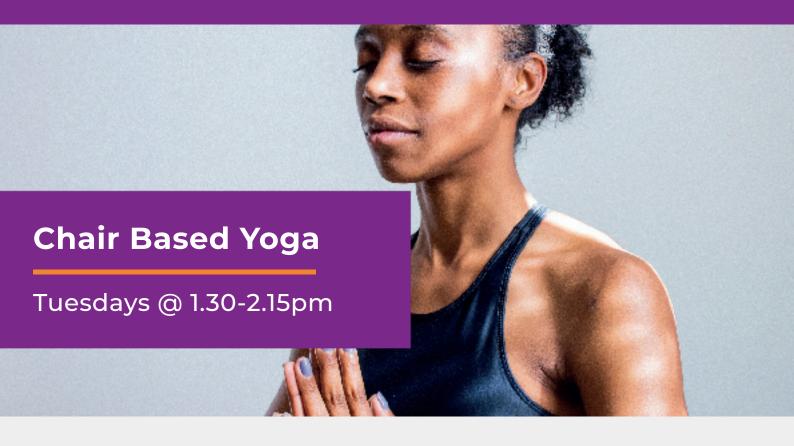


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Sessions for all abilities something to get you moving around and having fun!

Take things at your own pace and exercise in the comfort and safety of your own home, along with other Carers online. Available dates:

18th January

1st & 15th February

1st, 15th & 29th March

For more information and to book a place, please contact Katie Matkin by phone, **07773 173 416** or email: katie.matkin@derbyshirecarers.co.uk







