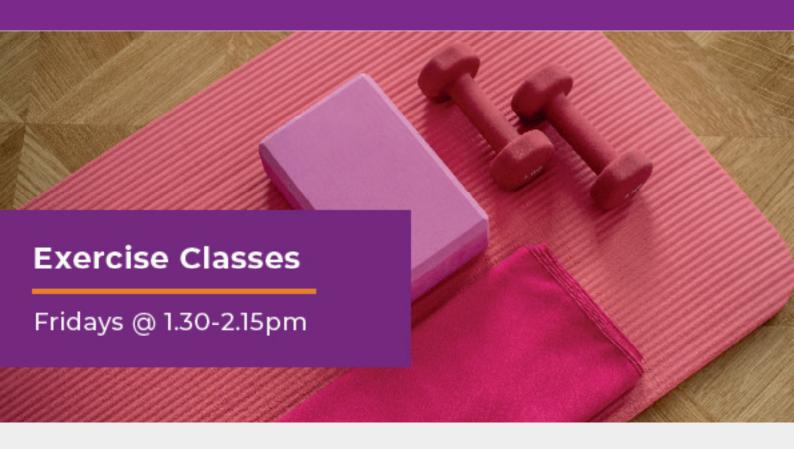


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Sessions for all abilities something to get you moving around and having fun!

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

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







