



Physiotherapy Led 'Moving on Up' Exercise Group

Having problems with balance and mobility due to
Parkinson's Disease, Stroke, MS or any other
neurological condition?

**£7 per class or £35 block
booking for 6 sessions
Thursdays 10.00am**

Come and join us for a standing based strength and
balance class. Have some fun and improve your fitness
at the same time!

Every Thursday 10.00am -10.55am

*Assistance can be given (subject to availability)
Carers and family welcome to assist where able to maximise class
potential*

1 Oakfield Barn, Brows Farm Business Park,
Farnham Road, Liss, Hants GU33 6JG
If you would like to attend or to find out more about
the class, please call us on **01730 890072** or email
hobbsse@hobbsrehabilitation.co.uk
www.hobbsrehabilitation.co.uk