



Gentle Group Exercise Class

with Jo Griffiths

**Physical activity for all, including people
living with dementia and their carer**

Plas Arthur Leisure Centre, Llangefni

Every Thursday from 10 –11

A warm welcome to all

£2 a session

If you are uncertain about the suitability of this exercise class there will be an opportunity for a ten minute chat with Jo before the start of the class.

