



# **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.



Wales National Exercise Referral Scheme (NERS) Cynllun Atgyfeirio Cleifion i Wneud Ymarfer Corff Cymru



