



# Move to improve!



**Suggested  
Donation £1  
unwaged or  
£2 waged**

**Come and try chair-based, stretching  
and exercise sessions**

**Perfect for men and women of all ages  
with long term health conditions**

**Led by Barbara Sharp**

**Level 3 Keep Fit  
Association Teacher  
(The Register of Exercise  
Professionals UK)**



**Every Monday 1.00pm – 2.30pm  
including well-earned cuppa!**

**Starting 6<sup>th</sup>  
November**

**The Community Room, Birley Moor Fire Station,  
Moor Valley, Sheffield, S20 5FA**

**Handy for tram and bus. To arrange parking, please ring.**

**For more details ring or text Phil Eddyshaw  
ShipShape Health Worker 07757634967**

