



ASHBY HOUSE

BARCHESTER HEALTHCARE

ASHBY'S EXERCISE CLASS

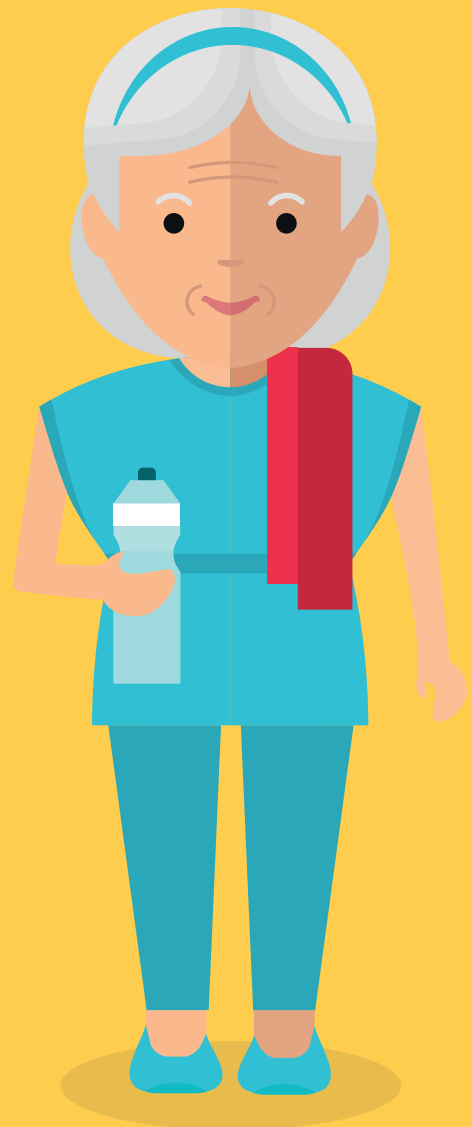
**LAST THURSDAY OF EACH
MONTH FROM 2-3PM**

**Join us at Ashby House
Care Home for our
Exercise Classes!**

Enjoy our light exercise classes,
designed to stimulate muscle strength
and combat osteoporosis weakness
and arthritis management.

Our classes are suitable for over 65s
with good or limited mobility, and are
a gentle way to support movement
and wellbeing.

Light refreshments will be available.



100 Chadwick Drive, Milton Keynes, MK6 5LS • 01908 696 676

If you have any health conditions please arrive 15 minutes prior for a chat. Please feel free to bring along any exercise mats.