

Join Our Free Zoom Health & Wellness Classes

For Seniors, Community Groups & Carers

What We Offer:

- Weekly Chair Exercise, Zumba & Stretching via Zoom
- Health Talks on Diabetes, Diet, Blood Pressure & More
- Tools for Memory, Sleep, Movement & Wellbeing
- Printable Wellness Trackers & Audio Relaxation
- Community Wisdom and Shared Life Advice

We believe aging should be celebrated, not feared.

Join Us Weekly on Zoom

Wednesdays – Chair Zumba with Michael

10:00 AM (UK Time)

Saturdays – Morning Stretch with Richard

10:00 AM (UK Time)

Get involved or sponsor a session:

www.primaryhealthtrust.com | Email: info@primaryhealthtrust.com

Tel: 0203-243-2061 | Charity No. 1119124