

Part of the  Award Winning Family



STRETCH & BREATHE



A class designed for those with COPD & breathing issues.

An effective class which has been developed to help everyone of all abilities work to their own levels. The class will help you to increase the muscle strength & stamina which can lead to reducing your breathlessness. Small friendly class to help you live a healthy & independent lifestyle.

Tuesdays 2.00pm

Rochford WI Hall, Rochford Square, Rochford.

SESSIONS ARE BOOKED AS A COURSE. BOOKING ESSENTIAL

Contact the Active Life team

visit activelife.uk.com

01702567 327

healthwatch
Southend

ActiveLife
For a healthier you.

SAVS