

Fight your Parkinson's symptoms with exercise

'Active with Parkinson's'

- Led by Level 4 Neurological Coach
 - Improve your mobility
 - Reduce Tremor, Rigidity and Depression
 - Improve Posture
 - Circuit class 2.30 - 3.30pm
 - Tea and coffee, 3:30 - 4.00 pm
 - Class held every Monday
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- Venue - Memorial Hall, Manor Road, Little Easton, Dunmow CM6 2JR



Contact Paul Goddard

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