

Heart Moves Chair Exercises for MID Participants!



Heart Moves Chair Exercises is a gentle physical activity program of seated chair exercises to get your heart moving! This class is for participants who have a mild intellectual or physical disability.

WHEN:

Each Thursday from the 25th November until Thursday 16th December
11:30am - 12:15pm

WHERE:

Glenroy Neighbourhood Learning Centre (5b Cromwell Street, Glenroy)

TO REGISTER:

Please come to reception OR Phone: 9304 3910 OR
Email: admin@glenlink.vic.edu.au