

Keeping Sharp - Strength and Balance with Robbie



Join this weekly fun exercise class for older people.

About This Event

Exercises to help strengthen your legs and back and improve posture and balance, and help improve confidence.

Classes are free for all. If you would like to contribute, there is a suggested donation of £3 per class to support MRS Independent Living.

Accessibility Information

Please contact services@mrsindependentliving.org / 0330 380 1013 for further information regarding accessibility.

Event Time

Every Tuesday

**Tue,
11th Feb
2025**

11:00am - 12:00pm

Event Price

Free

Event Location

**Marie Lloyd Centre
329-331
Queensbridge Road,
London
E8 3LA**

