### Hackney Circle

# Keeping Sharp -Strength and Balance with Robbie



Join this weekly fun exercise class for older people.

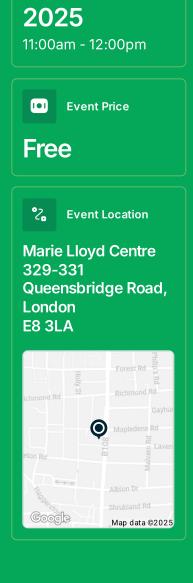
#### **About This Event**

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  $\pounds 3$  per class to support MRS Independent Living.

#### **Accessibility Information**

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



**Event Time** 

C,

Tue,

Every Tuesday

11th Feb

## **Hackney**