

Seated Exercise classes



Tuesdays
11.30am - 1.15pm
@ Nightingale
Lunch Club

All abilities welcome.

For more information contact:

togetherbetter.nightingale@nhs.net

07305 617 421

**NIGHTINGALE LUNCHEON CLUB,
NIGHTINGALE ESTATE,
19 OLYMPUS SQUARE,
LONDON, E5 8PL**

**TOGETHER
BETTER
@ VCHACKNEY**

NHS

**City and Hackney
Clinical Commissioning Group**