

**FREE**

# Step Aerobics Workouts



**Wednesdays  
10.30am - 11.30am  
@ Nightingale GP  
Practice**

**All abilities welcome.  
For more information contact:**

**togetherbetter.nightingale@nhs.net  
07305 617 421**

**THE NIGHTINGALE PRACTICE  
10 KENNINGHALL ROAD,  
LONDON, E5 8BY**

