

Boxercise sessions



**Thursdays
11.00 - 12.00
@ 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**