Champion Against Loneliness award winning group



SENIOR SPIREITES

Social & Chair Based Exercise Group for 55+

EVERY THURSDAY

1:30pm - 3:30pm

Reconnect with light exercise & refreshments

per person

Church of Annunciation 2 Spencer Street, Chesterfield, S40 4SD



For more information please contact our Wellbeing Officer, Olly Parkinson

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