

Time to Thrive CLUB @FREE CHURCH

How will you Thrive in 2025?



*"This year, I'm...
exploring exercise classes."*

FREE Seated mobility exercise classes for all

Every Tuesday 11 am until 12 pm

@ FREE CHURCH Hampstead Garden Suburb, North Square, NW11 7AG

- Keep active and improve your well-being
- Enjoy a friendly cuppa with like-minded people
- Make new friends in a welcoming environment
- Free tea and coffee
- Wheelchair friendly

For more information contact:

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