



Box Fit for Parkinsons

Funded by

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

Non contact boxing session followed by coffee & a chat*

£2 per session
Thursdays 10.45 - 11.30am
Starts on 3 October 2024

To book a place please call 01883 716717 (option 1)

*Cost of coffee not included but will be offered at discounted price

For any questions, please email:
hctandridge@freedom-leisure.co.uk

