

Tamil Women's Group

Health and Well-being for age 50+ Chair-based Yoga Exercise



Want to be active, healthy and independent?

- ❖ Here is a platform to meet your friends
- ❖ Be active and happy
- ❖ Learn new activities and feel independent
- ❖ Physical exercise programme - consisting of stretching, movement and chair-based exercise to maintain general fitness, healthy weight and to keep control of diabetes, cardiovascular illness, arthritis and other circulatory problems.

When and Where?

Fridays 10am-12pm (Term time only)

CVA centre 82 London Road Croydon CR0 2TB

For more details, please contact:

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Mrs Yoga Jeyasuntaram 07703558996

