



# SEATED EXERCISE

A gentle seated exercise session, designed to help build strength for everyday activities

**Mondays 2.30pm – 3.30pm**

**St Mary & St Margarets Church, B36 9DE**

Book through the Everyone Active App or website.

For questions/queries contact  
[emmamarshall@everyoneactive.com](mailto:emmamarshall@everyoneactive.com)

Working in partnership with

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