



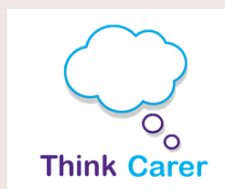
Hampshire Carers



Virtual Exercise Class

We are delighted to bring you this virtual interactive online session.

A specialised online fitness class aimed and tailored towards keeping you fit and well to assist you with your caring role? The class will be taking place every Monday morning at 10.30am for 45 minutes. Starting 6th March. Please email Alexandra.baiao@carercentre.com if you would like to join.



Or if you would like to talk to someone please call 01264 835246

Charity No 1040518 Company No 2955846

