



Somerset Council



FREE Low Impact Activity and Movement Sessions

Fun one hour low impact activity, movement and coordination sessions to support people who may have a health condition. All sessions will be guided by a professional coach and will be tailor-made for attendees.

 **Chard Library** Every two weeks between **10:30-11:30am** on **Thursdays**:-

Session **1** 18 May

Session **2** 1 June

Session **3** 15 June

Session **4** 29 June

Session **5** 13 July

Session **6** 27 July

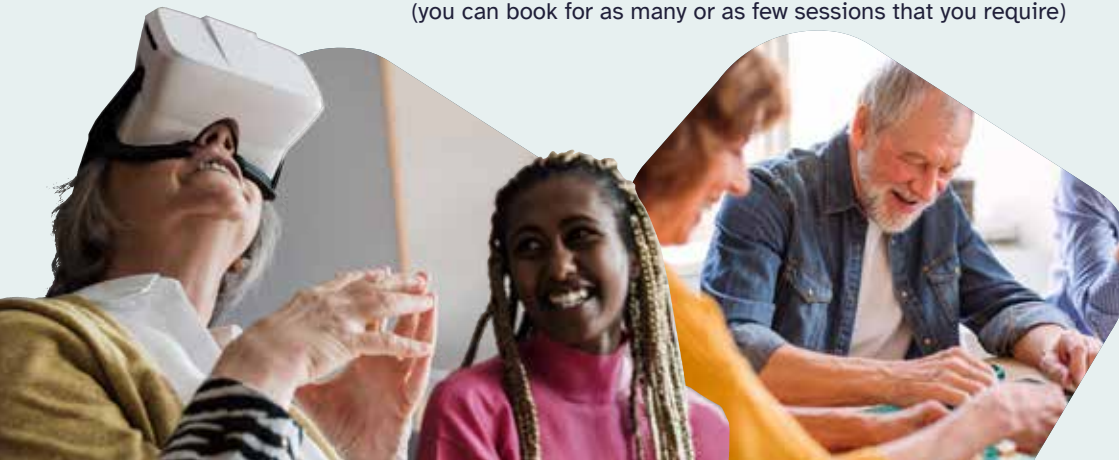
Session **7** 10 August

Session **8** 24 August



- Gentle stretching and flexibility activities
- Activities whilst sitting
- Have a go with Virtual Reality
- Have fun with our Interactive Projector
- Try using an Activity Tracker Watch

Places are limited, sign up soon! **email:** chalib@somerset.gov.uk or **tel:** 0300 123 2224/ or ask staff in the library.
(you can book for as many or as few sessions that you require)



Visit www.somersetlibraries.co.uk or find us on   