

GENTLE MOVEMENT FOR HEALTHY LIVING



Delivered by Tower Hamlets Training Hub

Open to people living & working in London Boroughs of North East London. Delivered virtually via Zoom

Do you want to live a healthier life and not sure where to start? Attending these sessions will enable you to learn and practice a variety of gentle exercise to improve flexibility, balance and general health. Sessions are fun and inclusive whatever your level of fitness. All sessions delivered on Saturday mornings.

Saturday 8th June 2024

Saturday 6th July 2024

Saturday 3rd August 2024

All sessions delivered 10am - 11am



FARRAH IDRIS
WELLBEING PRACTITIONER

Sessions Delivered via Zoom

FARRAH IS A SPECIALIST IN WELLBEING THERAPIES INCLUDING PHYSICAL MOVEMENT AND MENTAL HEALTH.