

Welcoming Warm Space Welcoming Warm Space

Every Friday

10.00 – 12.30

St. Peter & St. Oswalds
Church
2 Bannerdale Road
Sheffield
S7 2DL

FREE

Chair-Aerobics class 10:30am – 11:30am

Low intensity, seated exercise for any ability. Have fun whilst improving your strength, balance, and energy levels.



- ✓ Charge your devices
- ✓ Games and Activities
- ✓ Free soup & roll lunch
- ✓ Refreshments



Come along to keep warm, save on energy bills, socialise, and have fun.
FREE for everyone. No need to book, just come along.

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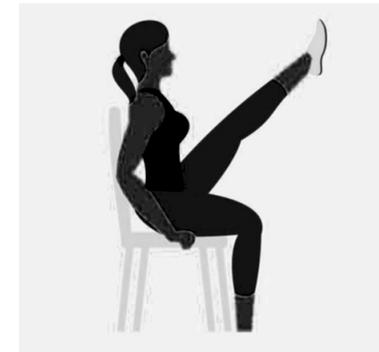
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