



Derbyshire
Carers
Association

01773 833 833

info@derbyshirecarers.co.uk
www.derbyshirecarers.co.uk

Exercise Classes

Fridays @ 1.30-2.15pm

Sessions for all abilities -
something to get you moving
around and having fun!

Take things at your own pace
and exercise in the comfort
and safety of your own home,
along with other Carers online.

Available dates:

8th & 22nd October

5th & 19th November

3rd & 17th December

For more information and to book a
place, please contact Katie Matkin by
phone, **07773 173 416** or email:
katie.matkin@derbyshirecarers.co.uk