



Exercise & Wellness Sessions in Thaxted

NEW!

Every Tuesday Starting 5 November

At  Pam's Place Vicarage Mead, Thaxted CM6 2RL

10am: Pilates class, all levels welcome,
all equipment provided

11am: Chair-based exercise, suitable for
everyone

Please email active@thetouchpoint.org for more
information or to book.

Booking is required as spaces are limited

Supported by the Essex County Council PHAB Programme

www.thetouchpoint.org