

POST OFFICE VAN



Every Friday
11.50am to 12.50pm

Outside A J Physio
The old Surgery,
Church Street



A. J. PHYSIO

WEEKLY EXCERSICE SESSIONS . . .

Ffit 66+ Club

Tuesdays, 3.30 – 4.30pm (includes panad.)
Improve balance, mobility and strength. No floor exercises.

Pilates with Theraball

Tuesdays, 5.00 - 5:45pm **or** 5.45 – 6.00pm
Thursdays, 10.30 – 11.15am **or** 11.15 – 12.00am
All round Toning. Especially suitable for postural back & neck pain.

SIGNS YOU MAY NEED A PHYSIOTHERAPY APPOINTMENT

- You have pain sitting still for any length of time You're in constant pain.
- You're not moving as easily as you used to.
- You've lost balance.



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