

FREE OUTDOOR EXERCISE SESSIONS

AGED 40+? FREE CIRCUIT & FUN
FITNESS SESSIONS
IN ROPEWALK GARDENS

WOMEN'S SESSION:

TUESDAYS

12TH SEPT TO 28TH NOV

11.00 - 12.00

MEN'S SESSION:

THURSDAYS

14TH SEPT TO 30TH NOV

11.00 - 12.00

MEET AT: SHAH JALAL MEDICAL CENTRE,
44 HESSEL STREET, WHITECHAPEL, E1 2LP

PLEASE SIGN UP IN ADVANCE AT THE MEDICAL CENTRE
OR BY CONTACTING REBEKA VIA EMAIL OR PHONE:

E: REBEKA.CHOWDHURY@NHS.NET

T: 07496 595394

