

Embrace UK's - Health and Wellbeing programme

Offering free exercises with expert facilitators

Embrace UK's Physical Exercises:

Exercise to Music: It's a fun, exciting and time-efficient workout that pushes the body and challenges the mind. Whether the goal is to sculpt the body, release stress, burn calories, learn a dance, or simply to enjoy exercising, there are endless opportunities to cater for everyone's needs.

Tai Chi: Use this ancient form of martial arts to stretch and tone. As well as learning techniques in self massage to aid circulation.



Physical Exercise Schedule

Venue	Exercise to Music	Tai Chi
The Hornsey Library	Monday 10.00am - 11.00am	Tuesday 11.30am - 12.30pm
Coombes Croft Library	Thursday 11.30am - 12.30pm	Wednesday 11.30am - 12.30pm



Embrace UK Community Support Centre
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Embracing Diversity and Changing Lives!