

RELAXATION & GENTLE EXERCISE CARER GROUP

Meetings are held at the Carers' Support Centre, Redcombe Lane, Brigg, on Tuesdays 10 – 12 noon. **Qi Gong** is an ancient Chinese exercise focusing on the many acupressure points around the body.

PROGRAMME MARCH TO JUNE 2012

MARCH

6
13
20
27

APRIL

Easter Break
17
24

MAY

1
8
15
22

JUNE

12
19
26

CARERS' SUPPORT CENTRE

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