

Strength and Mobility Class

Targeted exercises and games to improve muscle strength and flexibility

- Suitable for adults over 18
- Specially designed for people with MS, but also suitable for those with reduced mobility resulting from a neurological condition or impairment
- Wheelchair users welcome
- Partners and carers welcome
- Fortnightly on Thursday 11 - 12
- £5 per session, booking essential

For details please contact the MS Society Leeds
Freephone helpline : 0800 111 4324

Email : leeds@mssociety.org.uk

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