



ARIENNIR GAN Y LOTERI
LOTTERY FUNDED

MS Society Wrexham Group.

**Pilates Classes (seated and free) for
people with Multiple Sclerosis and their
carers.**

When: Thursday Jan 19th 2017 weekly.

Time: 10.00 a.m. to 11.00 a.m..

Where: Gresford Hall, Gresford.

Led by Louise Smith Jones with experience
in teaching the tremendous health benefits of
Pilates which include balance, coordination, and
psychological wellbeing.

Further information: **01244 579009**