



At Dr Phil Lockie's practice we provide all kinds of support!

## JUST START exercise

something is better than nothing

1<sup>st</sup> Exercise Workshop 17<sup>th</sup> May 2021 6pm-6:45 pm ROOMS

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An introduction "on how to exercise" -Your level/ability -Booking essential

Please call us to see how we can help you...

07 3355 2011 - Dr Phil Lockie's Rooms