



Chair Exercises (LIFT) & Boccia Every Thursday

10.45am - 11.45am

Mental Health Matters Wales

Union Offices, Quarella road. Bridgend

CF31 1JW

To find out more contact Michelle on
0300 10 249 70 or bdh@mhmwales.org

Come Join Us!

Sessions are for people living with dementia and their carers

You can exercise either seated or standing so you can always work at a level that's comfortable for you. The sessions are also designed specifically for people who are 50+ so it's never too late to get started.

Benefits of Chair Exercises (LIFT) & Boccia



- Improves Posture
- Strengthen Shoulders
- Lubricate Knee Joints
- Can reduce risk of falling at home
- Increase Upper Body Flexibility
- Opportunity to make friends and have fun
- Free tea and coffee provided



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