

# EXERCISE CLASS

**Every other Friday  
Starting 1st August  
10 -11am**

**Join us at Bayleaf Care Home  
for our Exercise Classes!**

Enjoy light exercise, designed  
to stimulate muscle strength and  
combat osteoporosis weakness  
and arthritis management.

Our classes are suitable for over  
65s with good or limited mobility,  
and are a gentle way to support  
movement and well-being. Refreshments will  
be served after the class. Free for the  
community to attend



## **Bayleaf Care Home**

Sallowbush Road, Huntingdon, PE29 7AF

**Tel: 01480 598 100 • [www.barchester.com](http://www.barchester.com)**

**Residential care • Dementia care • Respite care**