

HOW TO EXERCISE WITH A HEALTH CONDITION

17th March at 7pm



GOOD
Vibes
studio & gym @esa

Whether you struggle with your physical or mental health, come and learn from Westbank and Good Vibes:

- How to set achievable goals and keep motivated,
- What exercise is good and safe for your condition,
- What is available locally to support you.

This will be on Zoom, you can have your camera off, there will be demonstrations; but no requirement to take part.



Email:

betterhealthexeter@gmail.com