



Hampshire Carers



Virtual Exercise Class

We are delighted to bring you this virtual interactive online session.

Would you be interested in a specialised online fitness class aimed and tailored towards keeping you fit and well to assist you with your caring role? The class will be taking place on Monday mornings. Timings TBC

Please email Alexandra.baiao@carercentre.com if this is something that interests you.



Or if you would like to talk to someone please call 01264 835246

Charity No 1040518 Company No 2955846

**CARERS
TRUST**