



**VERSUS
ARTHRITIS**



Do you have pain, disability, or a long-term illness that makes moving difficult or painful?



Join a course of four FREE MOVING WELL sessions, with Breathworks

Breathworks is a Manchester charity, supporting people with pain, illness and stress for more than 20 years.

Moving Well courses are designed to improve mobility and confidence in movement, gently and sustainably, bringing mindfulness-based health management into exercise and everyday activities.

Venue: Benchill Community Centre, Wythenshawe

Starts Wednesday 26th April, 11am – 12 noon.

Every Wednesday for 4 weeks.

Session 1: Wednesday 26 April, 11- 12 noon

Session 2: Wednesday 3 May, 11- 12 noon

Session 3: Wednesday 10 May, 11- 12 noon

Session 4: Wednesday 17 May, 11- 12 noon

You can book your free place at : <https://form.jotform.com/230682038719359>.

To book over the phone or find out more, please phone Breathworks and ask to speak to Karen or Colin: 0161 834 1110. Or email info@breathworks.co.uk