

**Relaxation is coming to**

**Rugby Hub**

**On Fridays**

**in September 2019**

if you feel a little anxious or just want a little time out in your busy day-to-day life,

this is for you

It is a free session

and

will be held at Rccg House after Seated Exercise

To book your place please contact Yvonne on 07936 015966

