

**PARKINSON'S<sup>UK</sup>**  
**CHANGE ATTITUDES.**  
**FIND A CURE.**  
**JOIN US.**



# **PARKINSON'S EXERCISE CLASS UCKFIELD**

**Mondays, Wednesdays and Thursdays 11:30am.**  
**Uckfield Leisure Centre, Downsview Cres, TN22  
3DJ.**

A circuit based exercise class for people with Parkinson's, partners and carers. This class is aimed at all abilities and adjustments can be made to suit you. Cost £3.00 per class

**For more info contact:**

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