











# BALANCE CLASSES



Location **South West, Cornwall**  
<https://www.freeadsz.co.uk/x-350991-z>



Balance classes starting at Carnon Downs Village Hall. Help to prevent falls, focus on balance, strength and mobility in a fun environment, with a qualified, experienced team. Mondays 13.00 pm £4.50 per session. Call for more details or just come along. Core Health Consultancy, call Pat on 01872 300261 01872 3002...(click to reveal full phone number) or 07887688789 078876887...(click to reveal full phone)

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