



MOVE MORE

Exercise for Falls Prevention

Your local hub provider is:

**Cornwall
Neighbourhoods
for Change**



Date: Every Tues from 1st April

Location: Treloweth Community Hall,
Moorfield Road, Redruth TR15 3QB

Time: 1pm - 3pm (weekly)

Contact - info@icareimove.com or call 0800 0541 118
for more information

