



We are Positive about **YOUR** Ability
 Keep moving at home with our online groups!

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PosAbility usually runs chair-based exercise groups for people living with all kinds of long-term illnesses, including, but not limited to, Stroke, Parkinson’s, Neurological Conditions, MS, MD, COPD and Arthritis.

To stay covid-19 secure we are piloting online services
Exercise and social zoom groups are available

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Have you got reduced mobility?
 Need some company and motivation to **get moving and keep moving** from the comfort of your own home?

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Call: 07565 598 193 or Email: posability3@gmail.com

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Our experienced and qualified Instructors are waiting to hear from you!

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Our simple and achievable exercises can help you maintain your level of mobility and help to alleviate pain and fatigue

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