



PARKINSON'S EXERCISE TO LIVE MUSIC IN ABINGDON

People with Parkinson's are welcome to join our friendly group in central Abingdon for gentle exercise with a trained dance teacher and an experienced pianist.

Wednesdays in term time, from January 9th.

at

**Abbey Baptist Church - opposite the Abbey Buildings
Checker Walk, Abingdon OX14 3JB**

Doors open at 1:30 pm, session starts at 1:45pm

Followed by drinks and the chance to have a chat

***There are a few parking places next to the church and
several public car parks are close by.***

If you are interested in taking part, or if you would like to join a rota for providing drinks or lifts, please contact Pat Bryden on 01235 524081 or pat@brydens.me.uk