

Active Carers- February

Table Tennis at Greenwich Carers Centre

Tuesday 6th, 13th, 20th, 27th February

11.00am – 12.30pm



Chair Based Exercise at Greenwich Carers Centre

Wednesday 7th, 21st, 28th February

5.00pm – 6.30pm



All sessions are FREE – exercise for unpaid carers

For more information or to book call 020 8102 9654 or email:
activities@greenwichcarers.org