

# Chudleigh Knighton Body Moves



**Body Moves will boost your mood and increase your confidence while meeting other people.**

**Join us every Wednesday  
12.30pm - 1.30pm**

Gentle seated exercise using stretching and strengthening movements based on Pilates. Suitable for all abilities

£4 per session - first session free

For more information please contact us

**0333 241 2340**

email [info@ageukdevon.org.uk](mailto:info@ageukdevon.org.uk)

or visit [ageuk.org.uk/devon](http://ageuk.org.uk/devon)

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