MANFIT

Manchester Amputee Fitness Initiative

PRESENTS

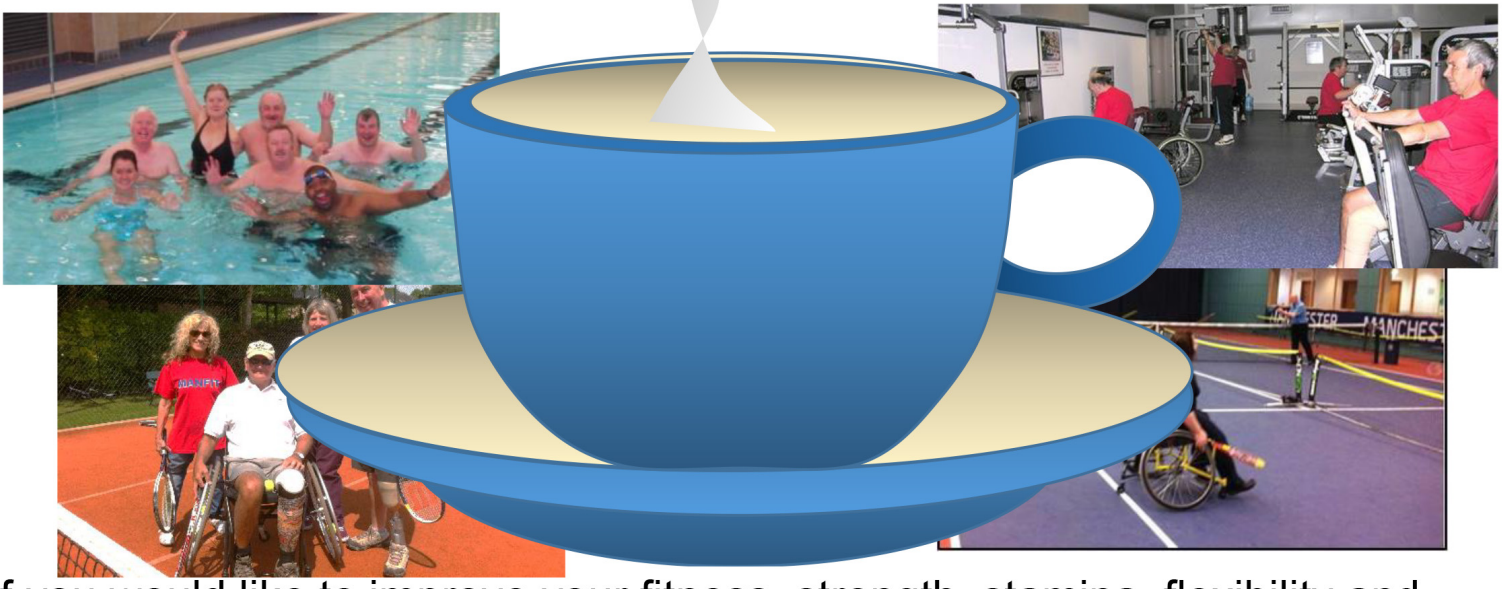
An Introduction to MANFIT!

Coffee Morning

Thursday 19th April

10.00 am at the SAC!

Specialised Ability Centre, Altrincham Rd, Wythenshawe, Manchester M22 4NY



If you would like to improve your fitness, strength, stamina, flexibility and balance for FREE in a friendly, safe environment join MANFIT!

Interested?? Contact Margaret (07776 181180) or click on www.manfit.org for more information and contact details