

"LIVE WELL IN LATER LIFE" CLASS

Are you wanting to ...

**Improve your
mood?**

**Reconnect with
the things you
enjoy?**

**Deal with your
stress and
worries?**

**Connect with
others?**

Why not book onto our 'Live Well in Later Life' class? Courses start from November 2018 onwards in Leeds and involve 4 sessions over 4 weeks. Sessions are 90 minutes long with added comfort breaks.

**To book visit www.leedsiapt.com
or call on 0113 2009188**