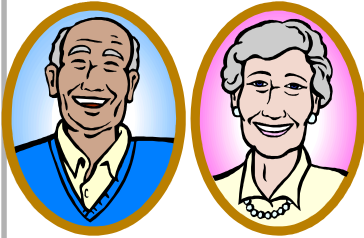


# Gentle Chair Based Exercises (Tamil Elders)

Shiraz Mirza Hall, 76A Coombe Road, Kingston



Open To

- ♦ Any older person



We Offer

- ♦ Chair based exercises



Contact

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