

Finding Freedom *with Fibromyalgia*

A gentle movement & relaxation class for people living with Fibromyalgia.

FREE



**Fridays, 11am at
Bromsgrove Sport
& Leisure Centre**

*Starting 15th September 2023
Programme lasts for 12 weeks.*

For more information search for
'Fibromyalgia' on www.bromsgrove.gov.uk
You can also contact
Hayley Gwilliam on 01527 881404 or
Hannah via email hannah@nineteacups.com



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