



Join us for
our next
event

Scarlet House care home, Stroud

Balls of Energy exercise class and lunch club

Every Tuesday, 11am - 1.30pm

Join us for age and dementia friendly seated exercises proven to improve mobility and strength to support staying mobile and living more independently. Attendees can also stay and join us for a free sandwich and coffee afterwards to enjoy a natter with other members of the community and residents.

Trusted to care.



To attend please call
01453 808106 or email
katerina.pippi@careuk.com

