

**NEEDS
YOU!**



**Volunteer
Gentle
Exercise
Class Leaders**



We currently have opportunities for volunteers to run our Gentle Exercise Classes in Endmoor, Grange and the South Lakeland area. Our Leaders host our weekly classes for older people which focus on gentle, chair-based activities and exercises. If you would like to get involved, we will ensure you receive the necessary training and support required to make sure your volunteering experience is a fulfilling one!

Age UK South Lakeland wouldn't be able to help so many local older people without the dedication & generosity of volunteers.