



THE BEST PRESCRIPTION FOR A HEALTHY HAPPY LIFE

What is Paracise™?

A brand new innovative exercise class designed to enhance and enrich your life. A gentle but effective workout that flows smoothly through movements designed to improve mobility, flexibility and balance. Medication in motion.



FIND A CLASS IN YOUR AREA WWW.PARACISE.COM
OR CALL **SUSIE ALDERSON** ON **07762 138356**

MORE CLASSES COMING SOON,
PLEASE REGISTER YOUR INTEREST

VISIT WWW.PARACISE.COM



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What happens in a Paracise™ class?

You are taken through a series of movements that flow together to create a relaxing positive programme. Working at your own pace, you are encouraged to appreciate what your body can do and how small changes can make big improvements to your day to day life.

Who is Paracise™ for?

Anyone who would like to maintain or improve their quality of life. Lack of fitness, age, injury, physical and mental illness can affect our wellbeing, staying fit and positive can help to ease those symptoms.

What are the goals of a Paracise™ class?

We create a friendly, supportive atmosphere in which you feel comfortable. We want you to enjoy the class and leave smiling, refreshed and relaxed.
All gain, no pain.

Class: Monday **2pm**, Open Door, Berkhamsted
More classes coming soon, please register your interest.

First class free.

For more information please get in touch with
Susie Alderson on email susie.alderson@outlook.com,
call **07762 138356** or visit our website www.paracise.com