

Chair Yoga

Friday 3rd & 17th November

11am to 12pm



Join us for Chair Yoga with Richard
at the Meritage Centre, Hendon.

To register email info@meridianwellbeing.com

Meritage Centre, Church End, Hendon, NW4 4JT



meridian
wellbeing

Meridian Wellbeing is the lead provider of the Barnet Wellbeing Hub