

SPECIALIST FITNESS TRAINERSEQUIPMENTGROUP FITNESS  
MOVEMENT  
**FUNCTIONAL FITNESS** KINDNESS EXPERTISE  
WELCOMING UNDERSTANDING EXERCISE  
**FRIENDSHIP**  
INDEPENDENCE PELVIC FLOORINCLUSIVECOORDINATION



LIFE COACHING LAUGHTERHEALTH  
**CONFIDENCE** fun **EXPERTISE** GRO  
ABILITY HAPPINESS MOBILITY ST  
SOCIAL CORE STABILITYNURTURINGCONNECTIONS CARE

## DO YOU LIVE WITH A NEUROLOGICAL CONDITION?

RENEW is a FREE 20 week course of gentle exercise & lifestyle advice tailored for people with neurological conditions.

Courses are offered across Cornwall by NHS Cornwall & Isles of Scilly in association with The Core fitness studios.

For more information please call Deborah on 01209 888223

# RENEW

*Renewing confidence in movement  
for people with neurological conditions*

**NHS**

*Cornwall and Isles of Scilly*

In association with

