

# THE LETCHWORTH CENTRE FOR HEALTHY LIVING



## Easing into Winter with Gentle Movement and Alignment

with Judy Hammond, professional dancer  
and teacher of the Alexander Technique



**Sunday 11 November 10.00am to 13.00pm**

Gentle movement and alignment work and deep relaxation.  
The fee includes refreshments by *Nourish* .

**Cost:£35 Code: WEW1**

The Letchworth Centre for Healthy Living  
Rosehill Hospital, Hitchin Road, Letchworth,  
Hertfordshire SG6 3NA

Charity Registration No. 295219  
Established 1984

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Opening hours Mondays to Fridays 09.00-20.30 Saturdays 09.00-15.30