



National
Trust



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'Freedom to Move' Pilates

Cornwall Arthritis Trust have partnered with National Trust Trelissick to offer some 'Freedom to Move' sessions. The sessions include tips on how you can live well and keep mobile and active even if you have joint or back pain, as well as gentle movement based on Pilates and chair based exercises for those who are less agile (specifically if you have Arthritis or a Musculoskeletal Condition). There will also be time to connect and meet others with similar conditions and enjoy some light refreshments.

Sessions will take place in the Barn at Trelissick on 12 March, 28 April, 12 May, 2 & 30 June, 7 July, 8 & 22 September, 1pm-3pm.

£6 per session (including light refreshments), booking essential. To book or find out more please contact: info@cornwallarthritis.org.uk

nationaltrust.org.uk/trelissick

In partnership with

Cornwall
Arthritis
Trust