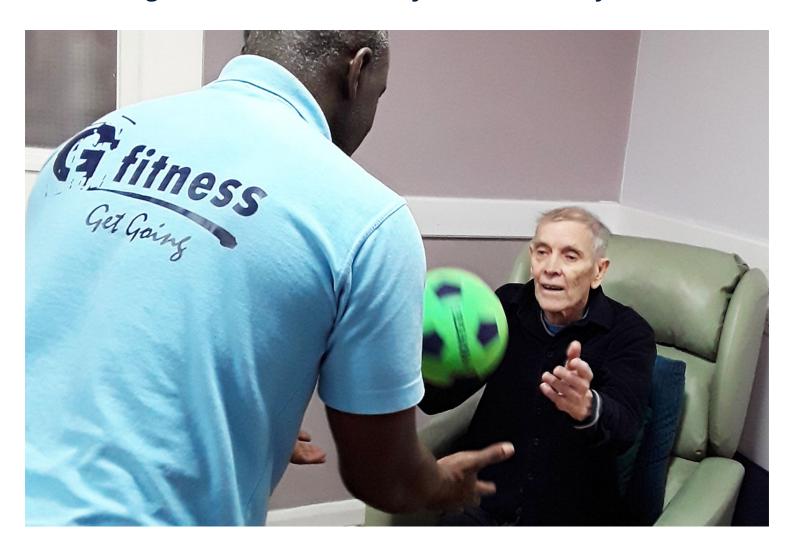


Abbotsleigh Care Home

Abbotsleigh Care Home residents join in with new year exercises



We're starting the new year off as we mean to continue, with some exercises here at Abbotsleigh Care Home!

Our residents joined in with some seated movements and arm stretches, as well as exercises using stretch bands and footballs to catch.

They had great fun with **Henry from G-Fitness**, who really knows how to motivate everyone!



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