



ELFT WELLBEING

Join us for subsidised

PILATES



Trust HQ

Wednesdays

10th of Jan – 13th of March

5:30pm-6:30pm

[Click to Book](#)

East Ham Care Centre

Tuesdays

9th of Jan – 12th of March

5:30pm-6:30pm

[Click to Book](#)

Tower Hamlets

Wednesdays

31st of Jan – 3rd of April

5:30pm-6:30pm

[Click to Book](#)

10 Weeks of pilates classes at a subsidised rate of £25.00, just £2.50 per class! Classes begin in January, book your places now

Contact us: elft.employee.engage@nhs.net

