

Zoe G: One of our two professional fitness instructors.

I have been running the seated exercise sessions for The Debenham Project now for over 10 years. I have thoroughly enjoyed running these classes for the older members of our community, I am so aware that keeping physically mobile can make a significant difference in their lives and help people to live better maintaining their independence.

I am also so aware that this is a space for people who are mainly on their own to meet, chat and laugh which is the best tonic ever!

All those attending the class have become friends, and I value these relationships greatly.

xx