

Exercising via Skype at Bromley Park Care Home



On Thursday 26 March we decided to go ahead with our Armchair Exercise session today, but with a twist!

With our **instructor Sarah** unable to visit, we set up a **Skype** link to her instead, so we could see her remotely - no missing out on sessions at **Bromley Park!**

Sarah took our residents through some excellent movements and made it fun by bringing in some memory games. She finished off with stretches and some breathing techniques.

Our residents really enjoyed it and look forward to the next workout!

