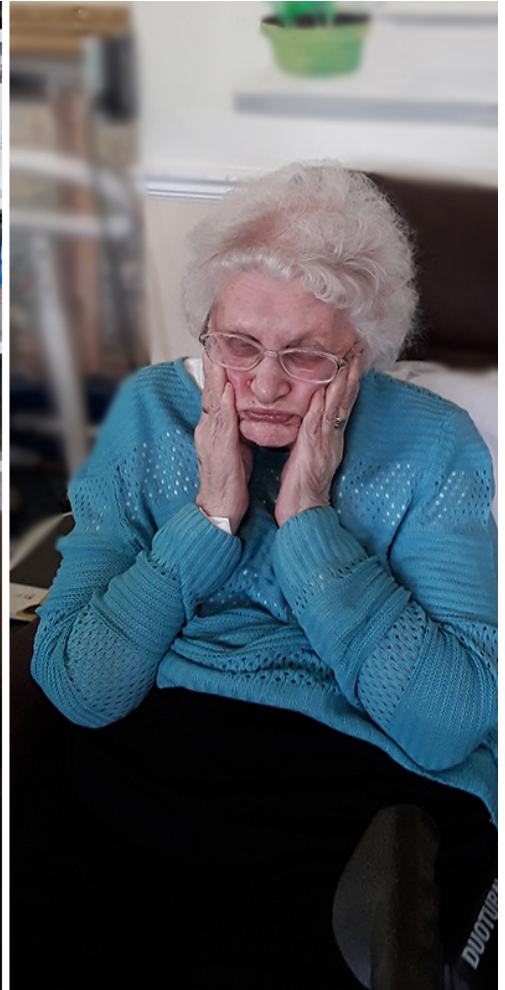


## **Strength and facial exercises at Silverpoint Court Residential Care Home**



**We all had a good work out on Monday 26 September here at Silverpoint Court Residential Care Home.**

Everyone is getting much **stronger** each time we do these exercises and our residents all seem to be trying really hard during each session.

We finished with **facial exercises** which are always a good giggle, especially when we expand our cheeks and then make a rude noise as we blow out the air!