



Technology Support for Home and Business

Onsite or Remote Support

PCs, Smartphones, Tablets, Printers Broadband, Internet, WiFi, Email

Security Guidance

Virus Protection & Removal **Upgrades & Installations Data and System Recovery**

Hardware & Software Troubleshooting Home & Office Network Setup & Support

01525 229695 or 07950 597962 support@morenassociates.co.uk

Free initial consultation

Exercise for Parkinson's



Boxing / Group classes / 121 training Face to face and Zoom exercise based on neuroplasticity principles to help people with Parkinson's



www.parkinsonsknockout.co.uk

Exercise for Over 60s



Group classes / 121 training Face to face and Zoom classes ranging from chair based, to low intensity and medium intensity



www.cmworkout.co.uk

Contact Corinne Mandard-Wood: 07988 649275 Classes in Aylesbury, Tring, Cheddington, Hemel Hempstead and online

THE LITTLE IT COMPANY

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