



LOVE TO MOVE

A fun, age & dementia friendly seated movement programme to music.

Physical, emotional & cognitive benefits designed to get you moving more and having fun.



Love to Move is the first cognitive enhancement exercise programme of its kind in the UK, based on scientific research.

Demonstrable benefits in the physical, emotional and cognitive aspects of older people especially those living with Dementia.

Also suited to those living with other conditions such as Parkinson's / Multiple Sclerosis

When?

Mondays 1.15 – 2.45pm

FREE TASTER CLASSES 7 & 14 JUNE

Where?

Immanuel United Reform Church

120 Southbourne Road, Southbourne BH6 3QJ

For more info:

Katie Wilford

 07446 401838

 katie@welcomevisitor.net

1 hour class followed by free refreshments.

£8 per class (reduced to £6 when booking block of 6 classes in advance), carers free.