

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.

When?

FORTNIGHTLY TUESDAYS: 1:00pm-3:00pm: June 9, 23. July: 7, 21. Aug: 4, 18. Sept: 1, 15, 29. Oct: 13, 27. Nov: 10, 24. Dec: 8. All dates subject to change.

Where?

St Mary's Parish Hall, Church Road, Woolton
Liverpool L25 5JF

For more info:

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No charge
but donations welcome.

A welcome cuppa
provided.
Led by a qualified
deliverer.