



Arts Uplift CIC presents

INSIDE STORIES

A series of fun online creative dance and movement sessions for older adults who may have limited mobility and/or health limitations, including those with Dementia (supported by a carer). FREE! (photo Green Candle Dance)

**THURSDAYS 18,25 JUNE 2,16,23,30 JULY •
11.15AM TO 12 NOON • ZOOM**

*To book a place contact Jenny Davis 07946 585978
jenny@artsuplift.co.uk www.artsuplift.co.uk*

