



Movement to Music For Over 65s

**Dementia
Friendly!**



**Join us for some gentle movement to
familiar music with colourful props!**

**At Kenilworth Library
Fridays 10.45am to 12.15pm**

Free

For All Abilities (can be done seated)

Bookings + More Information:

jenny@artsuplift.co.uk / 07946 585978



Movement to Music For Over 65s

Movement to Music is a series of workshops for over 65s which aims to improve your mental and physical wellbeing through gentle movement to familiar music.

Sessions include 1 hour of movement and half an hour of social time, so this will also be a great opportunity to meet new friends. Refreshments are also included.

Bookings + More Information:

Email: jenny@artsuplift.co.uk

Phone: 07946 585978

Website: www.artsuplift.co.uk