



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?

Tuesday Afternoons

1.30pm – 3pm (From 18th April 2023)

Where?

Moiravillage Hall
Ashby Road
Moiravillage, Swadlincote
DE12 6PD

For more info:

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FREE ENTRY

A welcome cuppa provided!



LOTTERY FUNDED