

Move to Thrive brings you ... Love to Move



Fun and engaging movement to music sessions for older people and people living with dementia or Parkinson's Disease and their carers

**Every Thursday 1.30pm to 2.45pm
At Oakengates Rest Rooms, Charlton Street,
Oakengates TF2 6BS**

£5 per session per person. Includes social time and refreshments.

For more details:

07891 686812 

movetothrivebooking@outlook.com 