

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 and their carers

**Every Thursday 1.15pm to 2.30pm
At Oakengates Rest Rooms, Charlton Street,
Oakengates TF2 6BS**

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

For more details:

Message via WhatsApp or text to 07974 290215 

Message via Facebook - search for "Move to Thrive Telford" 