



# 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?

**Wednesday mornings 10.30am - 12.15**

**\*PLUS carers breakout session every 3<sup>rd</sup> Weds**

**\*NB 1<sup>st</sup> Weds of every month is Reconnect 10.30am**

## Where?


**Brampton Memorial Centre**

Thrapston Road,  
Brampton, PE28 4TB

## For more info:

**Jane Bond or Jane Thomas**

 **07778788366** or **07594680495**

 **jane@5bonds.co.uk** or **jane.ltm@outlook.com**

**PAY AS YOU GO**  
**£3 per person**

**£1 per carer**

**Includes a welcome cuppa, biscuits & homemade cake**