



## Dementia friendly

# Movement & Music

**Warm up, mobilise your joints, move to music, easy to follow simple routines, relaxation and stretching.**

A fun, FREE way to stay active, improve wellbeing, meet new people improve fitness, relaxation and vitality. No experience needed. Seated options available. (Donations always warmly welcomed)

**For more information please call Paula Smith on  
07946 351997**

- **SOCIALLY DISTANCED** Indoor sessions resume from 1 October 2020, at the Moravian Church, Weston Village, Bath, BA1 4DB.
- **From 10:30 am to 11:30 am**
- **Every Thursday**
- **Sessions organised according to current COVID-19 guidelines.**



**Please be Covid-19 aware and follow government guidance regarding health, social distancing and hygiene. Do not attend if you have, or are showing symptoms of coronavirus.**