



Movement & Music Online

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

Dementia Friendly

A fun, FREE way to stay active, improve wellbeing, meet new people improve fitness, relaxation and vitality. No experience needed. Mostly seated but with standing options.

(Donations always warmly welcomed)

Join us for our new weekly online course.

Available on Zoom every Wednesday starting 3rd February 2021 between 10:30 am. and 11:30am.



To find out more and obtain the Zoom link, please email: admin@makeamove.org.uk

or call Paula Smith on 07946 351997.

Support on how to use and/or install Zoom is available, so please do get in touch.

