

Movement to Music Kenilworth



Fridays
10:45am
-
12:15pm

 Kenilworth Library,
Smalley Place, CV8 1QG



Kenilworth
Town
Council



Movement to Music Kenilworth



Gentle movement sessions for 60+



Don't hesitate to join us for some gentle movement sessions set to familiar tunes. These sessions aim to improve your mental and physical wellbeing.

Sessions include one hour of movement and half an hour of social time where you have the opportunity to make new friends! Refreshments are also included. Dementia friendly!

Benefits of our workshops include:

- Slowing cognitive decline
- Improving self-expression
- Improving confidence
- Reducing loneliness
- Better physical health/flexibility

Book Now:

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artsuplift.co.uk/ageing-well

