A

**When?**

**Where?**

**For more Info:**



**No Charge**

A picture containing table

Description automatically generated

**LOVE TO MOVE**

**An engaging seated exercise programme designed to improve balance, co-ordination, strength, cognition and wellbeing.**

**Physical and emotional benefits designed to get you moving more.**

Love to Move is the first cognitive enhancement exercise programme of its kind in the UK, based on scientific research.

**Wednesday 12-1pm**

**Anstey Library**

**Paper Mill Close**

**Anstey**

**LE7 7AU**

A picture containing wheel, drawing

Description automatically generated

A picture containing wheel, drawing

Description automatically generated

**Hazel 07817303018**

**happyhome07@hotmail.co.uk**