

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?

Fortnightly Tuesday 1pm – 3pm:
6th & 20th January, 3rd & 17th February, 3rd, 17th & 31st March, 14th & 28th April, 12th & 26th May, 9th & 23rd June, 7th & 21st July 2026

Where?

**St. Marys Parish Hall,
Church Road, Woolton,
Liverpool, L25 5JF**

For more info:

Ann O'Neill / Nicole Hughes

 0151 428 2256 / 07912292916

 stmaryswoolton@rcaol.org.uk

No charge but
donations welcome
A welcome cuppa
provided
Led by a qualified
deliverer