

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?

Wednesdays 11am - 12noon

Where?

Harborough Leisure Centre
Northampton Road
Market Harborough
LE16 9HF

FREE
Sessions

For more information and
to sign up please email
liz.causon@tigers.co.uk



LEICESTER TIGERS
Foundation