



The
Studio


DEMENTIA-FRIENDLY EXERCISE

Improves
cardiovascular
health

Led by
physiotherapists

Keeps joints
flexible

Helps stability



Only £5 for people with
dementia carers go free

Fridays 3-4pm at The Studio,
Royal British Legion Hall, 16
Hallcroft, Beeston NH9 1EL



Course starts
October 4th
for 6 weeks



What to expect

A fun, physio led exercise session
tailored to your needs.

Musical requests are welcomed.

We look forward to meeting you.

Alistair & Liz

contact theldphysio@gmail.com

To book please scan here to
complete our online questionnaire
and we will phone you to discuss
your needs. Or go to :
<https://tinyurl.com/hcyy4ha7>

