



# 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?

**Wednesday mornings 10.30am -12.15**

**except 1<sup>st</sup> Wednesday of each month**

**This group is supported by the Brampton Hub**

## Where?

**Brampton Memorial Centre**

Thrapston Road,  
Brampton, PE28 4TB

## For more info:

**Jane Thomas or Jane Bond**

**☎ 07731 097236/07778 788366**

**✉ jane.thomas@britishgymnasticsfoundation.org  
or jane@5bonds.co.uk**

**\*Please note we welcome carers to stay and join in or take a break and watch**

PAY AS YOU GO  
£3 per person

£1 per carer

Includes a welcome  
cuppa & biscuits