

Move into Wellbeing

Dance and exercise classes for people living with Parkinson's and other mobility restrictions



Do you have Parkinson's or other mobility restrictions? Never been to one of our classes and not sure if dancing is for you?

What to expect? Fun exercises to music using large and small muscle groups, co-ordination, balance, flexibility, strength and voice that help with control, confidence, daily tasks and general wellbeing.

Small, friendly classes with fully trained teachers.

Check with your GP about suitability.



Regular classes

Thursday 12.45pm

Saturday 1.45pm

Price £5

St Peter's Hall

Southfield Rd W4 1BB

Easy street parking nearby
E3 bus stop right outside



Movein2Wellbng



Email: info@moveintowellbeing.org.uk

Try your first class free of charge. Full details on the website:

www.moveintowellbeing.org.uk

Registered Charity 1172264

