

## FREE SESSIONS

Everyone is welcome!

Every Thursday\*

at Tooting Leisure Centre

*\*Please ring 07703 599 558 or check our website below for holiday dates when the classes are not running.*

British  
Gymnastics  
Foundation   
Love to move

 **Places  
Leisure**  
Part of Places for People



# 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?

#### **Thursday morning**

Class starts at 11.30am – 12.30pm  
Tea & Coffee from 11.00am

### Where?

**Tooting Gymnastics Club (Sports Hall)**  
Tooting Leisure Centre  
Greaves Place,  
Tooting, London SW17 0NE

### For more info:

Mary L. Wright – Tooting Gymnastics Club

Phone: 07703 599 558

Email: [tootinggymclub@btinternet.com](mailto:tootinggymclub@btinternet.com)

Website: [www.tootinggymclub.co.uk](http://www.tootinggymclub.co.uk)

**FREE  
Tea & Coffee**

**No need to book,  
just turn up!**

**Carers welcome**



**LOTTERY FUNDED**