



supported by  
Basingstoke  
and Deane

British  
Gymnastics  
Foundation   
Love to Move

# 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 10:30am – 11:30am**

## Where?

**The Link  
Newchurch Road  
Tadley  
RG26 4HN**

## For more info:

**Alexandria Campbell-Carter**

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Session Price:  
£3.00  
payable on the  
door



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