

RHYTHM & CONNECT



If you like to move to music and want to be a bit more active in a fun way, then come along to our free taster session.

FREE TASTER SESSION Wednesday 22nd May, 2pm-3pm

at Yorkley Community Centre, 2 Bailey Hill, Yorkley, GL15 4RS

Different styles of music and props will help us to get into the rhythm and move our bodies.

This guided session which will be done mostly seated, will include a gentle warm up along with movements to improve balance, coordination and flexibility.

We know that being active has great health and wellbeing benefits and may even help to lift your mood.

After the 30-minute movement to music session you are invited to stay for a cuppa and cake.

You will be asked to complete a questionnaire about your health and lifestyle and be asked to provide emergency contact details and a list of any medication you take.

If possible, kindly book in advance. For more information and to book please telephone 01594 812398/01594 812447.