



PD Moves

Dance Movement Therapy for People with Parkinson's

Relieve the pain and stiffness associated with Parkinson's Disease; increase strength, balance and confidence; improve mood and outlook.

to book your place
call 07760428554 or email
shirley@wellkin.co.uk

Thursdays

12.00-1.00pm
Winsford Library
CW7 2AS

2.00-3.00pm
St Barnabas
Church Hall
Crewe
CW1 3HX



Registered Charity Number 258197