

Are you affected by Parkinson's?



Would you like to try a fun and enjoyable way to help relieve the pain and stiffness associated with Parkinson's Disease; increase strength, balance and confidence; improve mood and outlook?

You can remain seated throughout the class if you wish.

Carers and relatives are welcome too

Join us

Dance Movement
Therapy

taster session

14th August
12.00-1.00pm

Elworth Cricket Club
London Road
Elworth
Sandbach
CW11 3BF

please call Shirley on
07760428554 or email
shirley@wellkin.co.uk
if you would like to come
along