

LOVE TO MOVE

SEATED EXERCISE FOR ALL
ESPECIALLY FOR PEOPLE
LIVING WITH DEMENTIA



FREE
EVERY WEDNESDAY
10AM - 11AM

CONTACT CHERRY
CHERRYTOLCHER@HOTMAIL.COM

ACTIVE COMMUNITIES HUB
CENTRALE SHOPPING
CENTRE
UPPER MALL
CROYDON
CRO 1TY
OPPOSITE STARBUCKS