

Horizon Rehabilitation to deliver **Lets Get Moving** for Dementia Action Marlow



Let's Get Moving is specifically designed to get all older people, including those with dementia, moving and functioning better. The sessions achieve this by carefully integrating the use of key movement skills, cognitive stimulation therapy and social interaction activities. And making it easy and fun.

Almost every part of Let's Get Moving is based on moving each side of the body separately different in movement patterns. by enabling the left side and right side of the brain to process information independently. This improves function, coordination and the ability to carry out the functions of every day life more independently.

Above all, the programme is enjoyable. One of participants has said that it brings her "One hour of wonderfulness each week!"

Weekly sessions starting Thursday 4 May 2023 at 1.45pm

Venue: New Hall, Pugin Rooms, Marlow, SL7 1NQ


Suggested donation £3. Refreshments provided.

For more information, contact Horizon Rehabilitation
on 01280 825711 or Dementia Action Marlow
contact@dementiaactionmarlow.org

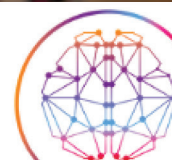


**Dementia
Action
Marlow**

Supporting older people with movement difficulties
and adults of any age with neurological conditions

 01280 825 711

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HORIZON
Rehabilitation Limited