

Moving More Often

Dance

MMO

Movement & Dance in Chairs
NEW FREE SOCIAL CLASS!!

Movement and Dance in Chairs is a sociable, fun, interactive session to improve mobility. Open to all but ideal for older people, those who are less mobile and have memory problems.

The Legends Café Bar at The John Smith's Stadium, Huddersfield
1st Monday of the Month 2 – 4pm (Starting 4th March 2019)
FREE Class, FREE Refreshments, FREE Parking



For more information contact the Sport & Physical Activity Development Team
on 01484 234141 / spadt@kirklees.gov.uk