

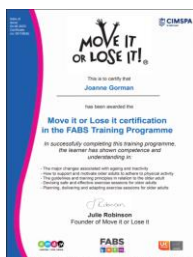


## Movement with Joanne

*Movement to music for the over 60s – seated or standing*

- ❖ Classes coming soon to your care home in June 2024.
- ❖ Suitable for men & women of all abilities, seated or standing.
- ❖ All movements are adapted to meet individual needs and health conditions.
- ❖ Based on my training with the Move It or Lose It programme, **Mojo Movement with Joanne** will help you get more out of every day, by improving **Flexibility, Aerobic Health, Balance, Co-ordination, Memory...**and your **MoJo!**
- ❖ 45-minute classes offer an opportunity to socialise, sing and have fun!
- ❖ No special clothing or equipment required!
- ❖ Classes - £5pp

**Call or message Joanne on 07899023787 for further details and booking.**



Certified Fitness Instructor through the Move it or Lose it training programme

