MOVING WITH PARKINSON'S CLASSES

Fun creative movement sessions with inspiring music for people living with Parkinson's & their carers

EVERY THURSDAY - 1.30pm to 3.30pm
Coleshill Catholic Church Hall

Everyone welcome
No experience needed



Our sessions are designed by professional dance artists specifically for people with Parkinson's & can be taken seated or standing



"the highlight of our week"
participant



For more info or to book on contact:
Kath Kimber-McTiffen
0785 4143163
kath@sonrisaarts.co.uk

Sessions are £5 per week including refreshments

COMMUNITY FUND

Sonrisa Arts

Live Well & Dance with Parkinson's

People Dancing