Feel Good Friday

Feel Good Friday is a wellbeing session where people take part in gentle exercise, music and movement, all adapted to be inclusive and accessible. Activities are designed so everyone can join in at their own pace, with support from staff and volunteers.

The event is for people living with dementia and their carers. People may want to attend to stay active, enjoy music, spend time with others and leave feeling positive and supported as they head into the weekend.

This service costs £7.50 per session.

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