



MUSIC AND MOVEMENT FOR HEALTH

If you are over 65 then please come join us for:
music, movement, fun, friendship, tea and chat.

No previous experience required.



Music and Movement are fun
ways to improve balance,
mobility, strength, flexibility,
memory and wellbeing.

If you are interested in finding
out more and participating
please contact Steven at the
following email address
move2music@ul.ie
or phone number **089 2228314**

