



DEMENTIA SEATED EXERCISES

£2.60
PER SESSION

When: Starting Wednesday 27th February
12.45-1.45pm *term time only*

Where: Waterside Farm Leisure Centre

PLUS YOGA FOR CONFIDENCE...

When: Starting **Wednesday 6th March, 1-1.45pm** (*term time only*)

Are you a carer? Would you like to improve your well-being and maintain a balance between your caring responsibilities and life outside caring by trying yoga; whilst the person you care for is taking part in seated exercises.

£3.50
PER SESSION



This programme is developed in partnership with a Sport for confidence Occupational Therapist, the Southend Dementia Community Support Team & Waterside Farm Leisure Centre.

For more information please contact Lucy Goldup on
07931526110 or email lucy@sportforconfidence.com

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Working to become
**Dementia
Friendly**
2018-2019

DAA Southend, Castle Point
& Rochford
Dementia Action Alliance

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