



## Exercise classes for people living with dementia and their carers



**Great for improving posture and loosening  
those stiff joints, as well as having fun!**

**Join us for 45 minutes of chair-based movement**



-  **Make Friends!**
-  **Keep Active!**
-  **Stay Healthy!**



**Classes are on Mondays (excluding bank holidays)  
11:15am - 12:00pm followed by a light lunch**

**Held at Central Hall, Alice Street, Keighley BD21 3JD**

**Sessions free of charge  
(voluntary contributions welcome)**

**Find out more by contacting Dementia Friendly Keighley on:**

**info@dementiafriendlykeighley.org.uk  
www.dementiafriendlykeighley.org.uk  
07452 773788**

**Visit our office in:  
The Airedale Shopping Centre, Keighley  
Registered Charity Number: 1171003**