



Friday
10.30am-12.30pm
Brixton Library

A group for people living with dementia and their carers

Come and dance with Maria. Join our dance and movement group. Take part seated or standing. Have fun and get fit. Improve your balance and increase mental and physical wellbeing. Make friends and enjoy dancing as a group.

Free to attend

**To take part or make a referral please call 07729 107
520 or email dementia@age-exchange.org.uk**

Part of Age Exchange's Creative Dementia programme in Lambeth.

Dance for Health

Finding our venue

Brixton Library in the heart of Brixton, on Windrush Square is a beautiful Grade II listed building.

Brixton Tate Library, Brixton Oval, London SW2 1JQ

