



## Love to Move

A fun and dementia-friendly seated movement programme to Chinese music. Programme movements are designed to stimulate the brain, helping older people's physical and mental wellbeing. Suited to older adults and those living with dementia.



Every Wednesday  
10:00am - 12:00pm

## Licensed Love to Move Practitioner

Julie, has adapted the programme to make it more accessible for our members. Delivered in Cantonese. Session includes singing, memory recall and movements that help to develop coordination, balance, core strength and flexibility in a fun way.



Love seeing them moving more, we are enabling them to stay active and connected.

I look forward to it every week and it is now part of my regular exercise regime.



Join our exercise classes to keep you and your family active at home.



0151 709 2643

Staten Court, Tradewind Square,  
East Village, Duke Street,  
Liverpool L1 5BG  
Charity Registration No 1001288  
Company Registration No.2446695



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Gymnastics  
Foundation  
Love to Move

## Love to Move

這是一個配合中國音樂有趣且對腦退化症友好的坐姿運動。這項運動動作旨在刺激大腦，保持動力來改善和增強您的健康和幸福感。很適合長者和腦退化症患者。



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## 認證和合格的 LovetoMove 導師

為使其更容易讓我們的會員學習和適應，Julie 已經調整了該坐姿運動，以粵語教課。練習中包括歌唱、鼓勵回憶和練習動作。Love to Move 練習中使用的動作有助於以有趣的方式培養協調性、平衡性、核心力量和靈活性。



我非常喜歡看到大家積極參與運動。這項活動可以顯著改善身體健康，讓人們保持活力，促進社交互動，使他們更快樂和更平衡。

我每週都期待著和大家一起做 Love to Move 坐姿運動。現在它已是我日常運動的一部分。



歡迎您參加我們一起做運動，  
讓您和您的家人在家中保持活躍。



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