

NEW



BETTER
the feel good place

Movement as Medicine

Join us for a series of exciting new taster sessions designed to help manage long term medical conditions!

Albany Leisure Centre
505 Hertford Rd, Enfield EN3 5XH

Monday 16th September

Falls awareness talk

2 - 2.30pm

Movement as Medicine Taster

2.45 - 3.30pm



Southgate Leisure Centre
Winchmore Hill Rd, London N14 6AD

Movement as Medicine Tasters

Tuesday 17th September

12.30 - 1.15pm

Tuesday 24th September

12.30 - 1.15pm

Southbury Leisure Centre
192 Southbury Rd, Enfield EN1 1YP

Movement as Medicine Taster

Wednesday 18th September

12.30 - 1.15pm



Booking is essential as spaces are limited

For more information and to book your space

email: referrals@ageukenfield.org.uk or

call 0208 375 4120