

Seated Zumba



keep your joints moving & brain active

boost your mood & energy

improve your memory



Every Thursday



11am - 11:30am



The Green Community Café



FREE

Clarence Park, Walmersley Road, Bury, BL9 5DH

**AGEING
IN PLACE
PATHFINDER**
DOING THINGS DIFFERENTLY
FOR GREATER MANCHESTER



Persona
We're all about you