

IMPROVING MENTAL HEALTH PROVISION



Moving Minds

All are welcome to join our movement based activity to support mental health and wellbeing, and to enjoy a friendly social setting.

Using Moving Memory's 'Moving Well' techniques we will explore ways of bringing our experiences to life via movement.

Sessions are on the second, third, and fourth Tuesday of each month from 20th February 12 to 2 at the Nucleus Arts HeArt of the Community Space, top floor of the Pentagon Centre, Chatham.

 www.facebook.com/ImprovingMentalHealthProvision **07521 678 521**

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Involving
Medway 
Building healthier communities


Nucleus Arts

MOVING MEMORY
DANCE THEATRE COMPANY