

# Get Moving!

*Dance and movement class  
for disabled people aged 16 +*

**Come along and join in the fun**

'My son's flexibility has improved since he started Get Moving.'



'I really look forward to coming each week'

Wednesdays 8 — 9.15 pm

At New Milton Health and Leisure Centre,  
Gore Road, New Milton  
First session free

For more information contact:  
Sarah Newman 01425 611199



[www.facebook.com/Getmovingsayso](http://www.facebook.com/Getmovingsayso)



**Sportivate**

 **LOTTERY FUNDED**

 **SPORT ENGLAND**