

# Moving with Confidence



Our Moving with Confidence programme supports people aged 50 and over to get out and about, be more physically active and more socially connected.

It is open to all abilities, but particularly suited to those who need to build confidence and address mobility issues so that over time they can undertake physical activity and access social opportunities independently.

Moving with Confidence sessions will take place weekly on **Wednesday mornings** from **11am – 12:00pm** in the **Community Hub at Age UK Leeds, Bradbury Building, Mark Lane, LS2 8JA**.

Starting **Wednesday 11<sup>th</sup> September 2024**, with **weekly chair-based exercise sessions** for those with reduced mobility, the programme will expand to include a mixture of regular and one-off movement-based activities such as

- **Falls prevention Week** (23<sup>rd</sup>-27<sup>th</sup> Sept 2024)
- Low impact dance classes
- Indoor/outdoor physical games
- City Centre Treasure Hunts
- Monthly mixed ability walking group
- Drama workshops
- Other creative events involving gentle movement e.g. Fashion Shows



To book your place in advance or find out more, please contact Sam Coates on 07873500021 or email [sam.coates@ageukleeds.org.uk](mailto:sam.coates@ageukleeds.org.uk)

Details of the latest Moving with Confidence activities will also be available to view on our website at [www.ageuk.org.uk/leeds/activities-and-events/](http://www.ageuk.org.uk/leeds/activities-and-events/)