



Music & Movement

**Gentle online exercise and relaxation classes
led by Louise Davidson**

Mondays 11am

FREE online class using Zoom

**Supported by Alzheimer Scotland – Western Isles
for people with dementia and their families**

For further details please contact:

Ellen Donnelly 07500 762 041 edonnelly@alzscot.org

Marion MacInnes 07771 925 730 mmacinnnes@alzscot.org

Louise Davidson

firedance100@hotmail.com

