



Movement Medicine: Activate your health

Designed by our professional movement experts at Kesson Physiotherapy, these Movement Medicine sessions show you how you can improve your health and well being. Come along and unlock the power of movement as a medicine.



Don't miss out! Scan the QR code to find out more information on the **FREE** sessions running throughout May and June at park near you - or email enquiries@tgo-activate.com



If you are worried about a health condition and want to get more active, then join us at our...

Movement Medicine Classes

Each class will involve a health insight survey and a 30 minute physical activity workout, including warm up and cool down

Weekly Schedule

Spring Timetable: starting Tuesday 9th May to 1st July

	Northwest: Weavers Fields, E2 6HD (Bethnal Green)	Southwest: Wapping Gardens, E1W 2PA	Northeast: <u>Rounton Road</u> , E3 4HB (Bow)	Southeast: Sir John McDougal Gardens E14 8LN (Westferry)
Tuesday 9.30am				
1pm		✓		
6pm	✓			
Wednesday 9.30				
1pm			✓	
6pm				✓
Thursday 9.30am		✓		
1pm	✓			
6pm				
Friday 9am			✓	
1pm				✓
6pm				
Saturday 9am		✓		✓
12pm	✓		✓	

How to join

Joining a Movement Medicine session is simple. Either turn up at one of the sessions (at the time and location shown on the timetable above) and chat to one of our friendly course leaders who'll help you get started or scan the QR code (overleaf) and then click on the 'GET STARTED' button on the information webpage