



Beat It

Percussion

Rhythm for Well-being

Selly Oak
NNS

“ Live
Laugh
Love “

Venue: Ascension Church,
Pineapple Grove,
Stirchley, B30 2TJ

When: Every Friday from
January 10th 2020
10.30am till 12.00

12 week course for people aged over 50 with support needs and their carers. Suitable for people living with early stage dementia, memory loss and other conditions

- Mental, physical and social stimulation
- Helps carers stay energised
- A safe, inclusive atmosphere
- Something different, creative and fun

**£2 per person donation
towards refreshments**

For information and to book
Tel: **07875 090946**
Email: info@beatitpercussion.co.uk
www.beatitpercussion.co.uk



#sellyoaknns
@SellyOakNNS

Live Life Laughing,
Doing the things you Love

