

# Movement to Music



**Tuesdays**

***from 11.00am – 12.00pm***

Come for some gentle exercise to music led by our  
experienced tutor

at

**Sudbury Neighbourhood Centre (Middlesex) Ltd,  
809 Harrow Road, Wembley, Middlesex, HA0 2LP**

**Only £5.00 per person!**

**Everyone welcome!**

**\*\*\*\* Call us on 0208 908 1220 to book your place \*\*\*\***

E: [Office@sudburyneighbourhoodcentre.co.uk](mailto:Office@sudburyneighbourhoodcentre.co.uk) W: [www.sudburyneighbourhoodcentre.co.uk](http://www.sudburyneighbourhoodcentre.co.uk)