

# Keeping Sharp - Feldenkrais with Charlotte



Join this weekly fun exercise class for older people.

## About This Event

Gentle, mindful movements that aids greater body awareness while reducing discomfort and stiffness to make everyday activities easier. The Feldenkrais method offers transformative benefits for older adults. It empowers you to age gracefully and stay active

**Classes are free for all. If you would like to contribute, there is a suggested donation of £3 per class to support MRS Independent Living.**

## Accessibility Information

Please contact [services@mrsindependentliving.org](mailto:services@mrsindependentliving.org) / 0330 380 1013 for further information regarding accessibility.

### Event Time

Every Tuesday

**Tue,  
4th Mar  
2025**

3:30pm - 4:30pm

### Event Price

**Free**

### Event Location

**Marie Lloyd Centre  
329-331  
Queensbridge Road,  
London  
E8 3LA**

