

Get **Out** in action  
Get **Active**

The GOGA In Action, Dover project supports disabled & non-disabled people to be active together.  
Supported by The National Lottery Community Fund



# Drums Alive!

## Free

Sign up online at  
[Eventbrite.com](https://www.eventbrite.com) or call us

At Drums Alive we use drumming, music & movement to make health and wellness more than just effective, we make it irresistibly FUN and totally engaging! Participants can take part sitting down or standing.

**Carers go FREE + Dementia Friendly**



Friday 2.30pm - 3.30pm



Age Concern Sandwich, 19-21 Cattle Market, Sandwich, CT13 9AP



Free

SCAN ME



03333 660 661



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\*T&Cs apply. Check website for details. Details correct at time of printing.

