

## **Motivate mum this Mother's Day with unique care home gift**

A company specialising in recreation and motivation classes for the elderly has a great gift idea for Mother's Day (14<sup>th</sup> March).

Founded to improve the lives of people in residential homes, Motivation & Co delivers fun, interactive classes comprising mental agility, gentle exercise, physiotherapy, and music throughout the UK and now offers gift vouchers for its popular sessions.

From just £35, depending on location, a Motivation & Co gift voucher provides a one hour structured and themed quiz, exercise and music session delivered by a trained Motivational Therapist for your mum and up to 20 of her friends without leaving the comfort of their care home lounge.

Elaine Everett, founder of Motivation & Co said "We have so much fun in the sessions and it's really rewarding to see that the residents are visibly energised at the end of the Motivation & Co class. It's so true that mental stimulation and gentle exercise has a positive impact on older people. It really can improve strength, appetite, memory and self esteem and everybody feels better for it."

For more information and to order a voucher for your mum this Mother's Day, please call 01937 557166 or visit [www.motivationandco.com/motivationandcovoucher.aspx](http://www.motivationandco.com/motivationandcovoucher.aspx).