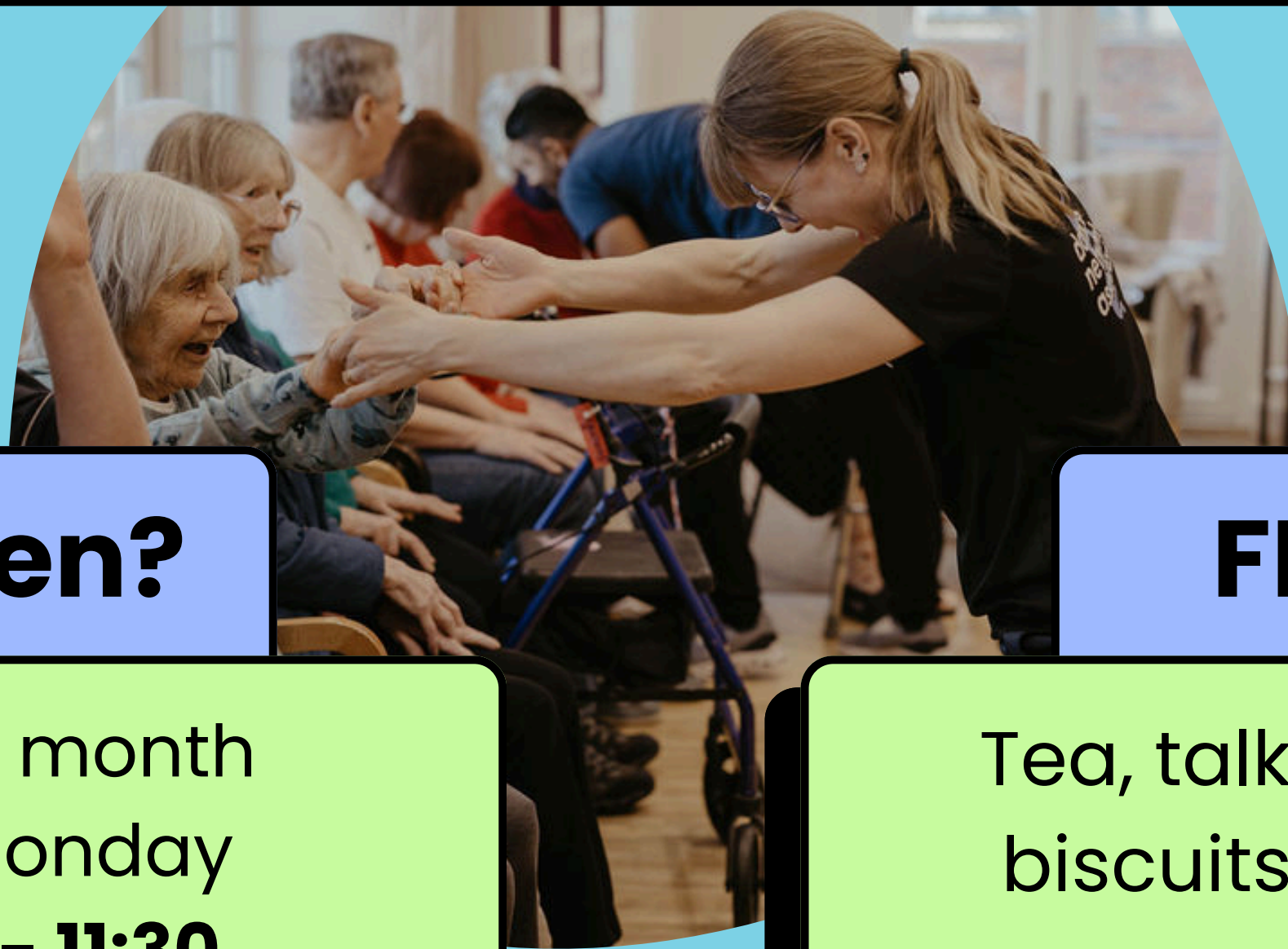


DANCING *with* DEMENTIA

Dance classes for older adults

Where?

**St John's & Highwoods
Community Centre**
Highwoods Square, CO4 9SR



When?

Once a month
on a Monday
10:00 - 11:30

23 February | 23 March
27 April

FREE

Tea, talk, and tasty
biscuits included!

Spaces are limited.
**Book your space via our
website / email / phone**

www.dancenetworkassociation.org.uk
info@dancenetworkassociation.org.uk | 07490 37 47 17

DANCING *with* DEMENTIA

“ The feeling of **joy** for someone living with dementia **can live on for three whole days!** ”

- *Claire Kerrigan*

Who can attend?

Classes are appropriate for anyone living with Dementia alongside their carers and companions.

What to expect?

- Music spanning the decades
- Warm up exercise
- Repetitive creative movement & dance
- Props and musical timelines
- Cool down exercise
- Refreshments & chat

Benefits

1. Brain stimulation and alertness!
2. Support for general well-being
3. Time to socialise and refocus before your afternoon ahead.

