

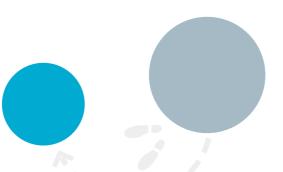


A Falls Prevention Dance Programme

Saint Augustine's Church

Sessions every Wednesday, 10am-12pm from January 2018

Taster Session Wednesday 6th December, 10am-12pm









"I enjoyed it because I didn't realise how much mobility I still had, it gives me hope. It made me feel free."

Participant







"I have noticed I am finding it easier to get out of my chair at home and I care about that, it's those things that make a difference"

Participant

Dance to Health is a new, pioneering falls prevention dance programme. It combines physiotherapy with the creativity, expression and energy of dance.

- Get fit and improve strength, balance and flexibility
 - Make new friends and have fun
 - Refreshments served
 - FREE for the first six months

If you have fallen, are worried about falling, or just want to stay steady, then maintaining your health and fitness by strengthening your muscles and improving your flexibility is important. Participants attending Dance to Health regularly report that it eases aches and pains and helps retain independence and quality of life.

Your nearest session is

Saint Augustine's Church Brocco Bank, Sheffield S11 8RQ

Every Wednesday, 10am-12pm To book call 01993 870 159 or email NesreenShah@ae-sop.org The classes are run by fully trained dance artists who will help you to get the most out of each session.

Sessions last 60 to 90 minutes plus 30 minutes at the end for refreshments.

In partnership with



















