



Dance  
to health

Free

# A Falls Prevention Dance Programme

**Stocksbridge Community Leisure Centre**

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

Taster Session Monday 4th 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

Aesop  
Arts Enterprise with  
a Social Purpose

[dancetohealth.org](http://dancetohealth.org)



*"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:

**Stocksbridge Community Leisure Centre**

Moorland Drive, Sheffield S36 1EG

**Every Monday, 10am-12pm**

**To book call 01993 870 159 or  
email [NesreenShah@ae-sop.org](mailto: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

**YORKSHIRE  
DANCE**

**NHS  
Sheffield**  
Clinical Commissioning Group

Dance to Health is generously supported by



**Aesop**  
Arts Enterprise with  
a Social Purpose

  
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Media & Sport

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