



Dance and creative movement sessions for those living with dementia



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- Sessions will be led by experienced dance artists and are suitable for all ages and levels of experience
- The class will include a mixture of dance and music genres
- An opportunity to explore your own creative expression and collaborate with others in a friendly environment
- Tea and coffee available afterwards

When: Tuesday mornings 10.30am-11.30am from 27 October to 15 December 2015

Where: Dance studio at York St John University

Who is this for: People with dementia and their carers, friends and family members

To book a place or for more information
T: 01904 876433

