

# Come dancing with Curious Motion



South West  
Yorkshire Partnership  
NHS Foundation Trust



Join our fun online dance and movement sessions hosted by dance organisation Curious Motion to support your wellbeing. There'll be good music, enjoyable moves, and you'll learn some simple stretches and activities to do at home.

**Each one hour session is suitable for all ages, fitness and experience levels, and fully accessible.**

**Monday 13 December – 12:30pm**

[www.eventbrite.co.uk/e/dance-and-movement-with-curious-motion-tickets-216948517857](http://www.eventbrite.co.uk/e/dance-and-movement-with-curious-motion-tickets-216948517857)

**Tuesday 14 December – 6pm**

[www.eventbrite.co.uk/e/dance-and-movement-with-curious-motion-tickets-216990603737](http://www.eventbrite.co.uk/e/dance-and-movement-with-curious-motion-tickets-216990603737)

**Friday 17 December – 12:30pm**

[www.eventbrite.co.uk/e/dance-and-movement-with-curious-motion-tickets-216998035967](http://www.eventbrite.co.uk/e/dance-and-movement-with-curious-motion-tickets-216998035967)

**For more information contact: [david.mcquillan@swyt.nhs.uk](mailto:david.mcquillan@swyt.nhs.uk)**

If you require a copy of this information in any other format or language please contact your line manager.

With **all of us** in mind.