



Dance to Health

A Falls-Prevention Dance Programme in SW London

Pioneering falls-prevention dance programme, combining, strength and balance exercises with the creativity, expression and energy of dance.

Taster session Tues 18 June, weekly classes start 25 June
Refreshments and social time included.
Seated options given. Free to attend.



WHERE

Gwynneth Morgan Day
Centre, 52 East Hill,
London SW18 2HJ

WHO

Made for all
people age 55+

WHEN

Tuesdays
11am-1pm

“I enjoy Dance to Health because I didn’t realise how much mobility I still have, it gives me hope. It makes me feel free.”

“We have lots of fun and always make time to chat.”

To find out more or book your place
contact Kayla Dougan Bowtell on 07387 504 889 or
by email KaylaDouganBowtell@ae-sop.org



Dance
to health®

Aesop
Arts Enterprise with
a Social Purpose

Funded by




Supported by

Wandsworth
ageUK

www.dancetohealth.org