



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



"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**

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



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