



Dancing with Dementia

Witham

Fridays 14:00–15:30 at The Witham Hub

**dance
network
association**

Cost: £5 per class for participant & companion

18 Feb, 4 March, 18 March, 1 April, 22 April, 6 May, 20 May,
3 June, 17 June, 1 July 2022

dna 'Dancing with Dementia' classes offer a chance to experience creative movement and dance with their companions.

Classes focus on stimulation of the brain through movement, repetition, props and musical timelines. Keeping the mind alert whilst promoting general well-being.

If you would like to join this class as part of our 'Dancing on Prescription' programme, please contact us using the details below.

For more information contact Katie Kilpatrick.

E: info@dancenetworkassociation.org.uk

T: 07490 374 717

Book via website:

W: www.dancenetworkassociation.org.uk

