DANCE
HEALTH ALLIANCE

'Movement is Medicine!'
Dance Health Alliance - Northern Beaches

Join Australia's leading facilitator in therapeutic dance & movement!

TUESDAYS
11:15 am
Forestville Community
Arts Centre
Forestville, NSW

WEDNESDAYS
10:00 am
Mona Vale
Memorial Hall
Mona Vale, NSW

THURSDAYS
2:00 pm
The Annexe
Avalon Recreation Centre
Avalon, NSW

Parking available at all locations

LIVE WELL WITH OUR DANCEMOVES PROGRAM

Do you want to boost your health? Designed for seniors wishing to improve balance, increase cardiovascular fitness, delay cognitive decline, enhance flexibility, and support the immune system. All done in a fun, inclusive environment. Seated to standing research-based dance/movement program.

FIRST CLASS FREE!

Proudly subsidised by

NSW
GOVERNMENT

$15 PER CLASS

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