



Moving Through Life

Creative improvisational dance

Thursdays*, 12:30-1:30

**Mrs Howard Hall,
Norton Way South, LGC**

**Express yourself creatively boosting
well-being, body, and mind.**

**Aimed at 'mature movers'
with or without experience of dance.**

- **Improve flexibility, posture,
balance, and co-ordination**
- **Connect with others through
dance and rhythm**
- **No set routines to learn - or forget**
 - **Sociable, friendly, and fun**

**Contact Bridget Poulter 07766 086183, bridgetdmp@gmail.com
£6.00 per class, first class £3.00 * Except school holidays**

Ka Moves[®]