DANCEMOVES
F O R C A R E R S

FREE CLASSES FOR CAREGIVERS

Need a little YOU time and want to dance and have fun?

Move to your all-time music favourites while building strength, balance and flexibility. DanceMoves is a unique and supportive programme designed specifically for caregivers.

REGISTER NOW BY SCANNING THIS CODE

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DANCE
HEALTH ALLIANCE

Info@dancehealthalliance.org.au
1300 183 342

What is DanceMoves?

DanceMoves is more than just a movement class; it's a tailored experience designed to address the unique challenges faced by caregivers.

- Improve balance
- Increase Energy
- Support Healthy Cognitive Function
- Enhance flexibility

- Support the Immune System
- Promotes Social Interaction
- Experience Positive Changes in Mental Health

We are here to help!

If you have a loved one who would like to join in the class with you, they are welcome. Both of you are free.

Locations:

Forestville - Community Arts Centre
Tuesday at 11.15am

Mona Vale - Memorial Hall
Wednesday at 10am
Turramurra - Uniting Church Hall
Wednesday 10.30am

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