Dance with Parkinson's

Dance with Parkinson's can help with strength, coordination & fluidity of movement. Good for mental wellbeing, fun & social.

A welcoming fun dance session (standing or seated as needed) with some voice work for people living with Parksinon's.
Led by experienced dancer and teacher Sarah Hartley. Carers and loved ones welcome.

Thursdays 2pm - 3.30pm
From 3rd September until 10th December
(no session 29th October)
Free (voluntary contributions welcome, suggested £2 or £5)

Places are limited so please book a space for anyone attending (including carers/loved ones) by calling the Box Office or book online

Takes place at The Pop Up Studio at the Highlands, Burford Road, Chipping Norton, OX7 5EE.
Accessible entrance and toilets, parking available.

Activities for Creative Ageing supported by

CHK FOUNDATION · WEST OXFORDSHIRE DISTRICT COUNCIL · westhive · CONNECTED COMMUNITIES FUND

BOX OFFICE
01608 642350

TAKE PART WITH THE THEATRE CHIPPING NORTON

THE THEATRE CHIPPING NORTON
chippingnortontheatre.com/takepart