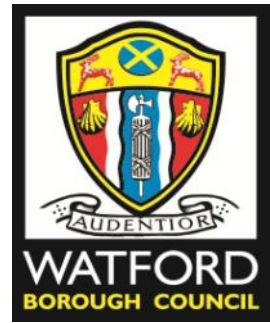




DanceDigital presents
Over 50s Dance Group



COME ALONG AND JOIN OUR FOUR FREE TASTER SESSIONS
STARTING ON TUESDAY 20th NOVEMBER 2012

Led by Laura Horn, Dance Development Artist for DanceDigital

WATFORD MUSEUM
194 lower High Street, WD17 2DT

SESSIONS RUN FOR FOUR TUESDAYS FROM 20 NOVEMBER TO 11 DECEMBER
10:30am UNTIL 11:30am

This class explores gentle and fluid movement sequences that gradually increase joint mobility and muscular strength. Each exercise can be easily adapted to suit each individual's physical ability. All movements can be performed standing, seated or supported.

The creative elements give participants the opportunity to work together and develop their own movements in response to tasks and group ideas. This provides a stimulating workout for the brain, which enhances everyday brain functions such as memory.

More importantly! Tea and Coffee is provided after the session, giving time to unwind and socialise.

For more information and to book your place please email
laura.horn@dancedigital.org.uk or call DanceDigital on 01277 362362



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