

DANCING WITH DEMENTIA

Weekly Classes

Fridays

14:00 – 15:30

Witham Hub, 17, The Grove Shopping
Centre, Witham, Essex, CM8 2YT

Free to attend and refreshments provided

**To take part & for more information, please contact
us using the details below:**

E: info@dancenetworkassociation.org.uk

T: 07490 374 717

W: www.dancenetworkassociation.org.uk

Do you know that dna offer Dance on
Prescription?

If you are a social prescriber, please
pass this on to your patients who will
benefit from the joy of dancing



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Photo: Rachel Cherry

DANCING WITH DEMENTIA

“If you bring joy to someone living with dementia and you warm their heart, that feeling can live on for them for three whole days”

**Claire Kerrigan, Q&A
Grandma Remember Me**

DNA ‘Dancing with Dementia’ classes offer a chance for participants to experience creative movement and dance with their companions.

Classes focus on stimulation of the brain through movement, repetition, props and musical timelines. These factors offer the opportunity to keep the mind alert whilst also unlocking support for general well-being.

We invite participants to stay after the class, and join us for refreshments & chat.



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