



# Dancing for Well-Being

enjoying music, fun and laughter together



**A warm welcome awaits you at our new group on  
Tuesdays, starting Tuesday 6th June,  
Harrogate Road Methodist Church, Ripon,  
11.00 am to 12.30pm**

You can dance  
SITTING or  
STANDING

You don't need a  
partner or a good  
memory!

You can move at  
your own level

Ideal for older  
people with health/  
mobility problems

Just relax, enjoy the company, and have **FUN!**  
The cost is £5 including refreshments.

To find out more and to book your place, call  
Hannah on 07449 234 382, or email  
[info@dancingforwellbeing.org](mailto:info@dancingforwellbeing.org)  
You can also visit [www.dancingforwellbeing.org](http://www.dancingforwellbeing.org)