



Dancing for Well-Being

enjoying music, fun and laughter together



A warm welcome awaits you at your local Dancing for Well-Being group.

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

Our groups are held
in accessible venues

We meet weekly in venues across Harrogate, Nidderdale, Knaresborough, Ripon and Boroughbridge. See overleaf for group details.

Enjoy an hour of dancing followed by time to chat over refreshments.

Just relax, enjoy the company, and have **FUN!**
The cost is £6 incl. refreshments, though please speak to us if this cost is a problem.

To find out more and to book your place, call Jax on 07453 564 983 or email info@dancingforwellbeing.org.



Dancing for Well-Being is a Registered CIC No: 10397808

Mondays 11.00am - 12.30pm

Coronation Hall, Old Station Yard, Boroughbridge

Mondays 2.00pm - 3.30pm

Friends Meeting House, Queen Parade, Harrogate

Tuesdays 11.00am - 12.30pm

Harrogate Road Methodist Church, Harewood Road, Ripon

Tuesdays 2.00pm - 3.30pm

Chain Lane Community Hub, Chain Lane, Knaresborough

Tuesdays 2.00pm - 3.30pm

Coronation Hall, Old Station Yard, Boroughbridge

Wednesdays 11.00am - 12.30pm

Friends Meeting House, Queen Parade, Harrogate

Wednesdays 11.00am - 12.30pm

Memorial Hall, Hollins Lane, Hampsthwaite

Wednesdays 2.30pm - 4.00pm

Bilton Community Centre, Bilton Lane, Bilton

Thursdays 1.00pm - 2.30pm

St Andrew's Church Hall, High Street, Starbeck

Thursdays 2.00pm - 3.30pm

Darley Methodist Church, Main Street, Darley

Fridays 11.00am - 12.30pm

Bilton Grange United Reformed Church, Woodfield Road, Bilton

Fridays 2.00pm - 3.30pm

Chain Lane Community Hub, Chain Lane, Knaresborough