



FALLING ON YOUR FEET

with people over 65,
looking to make friends, get fit & have fun...

Falling on your Feet SOUTH SHIELDS is a Helix Arts dance and health programme with Nadia Iftkhar, Artistic Director, Company of Others aiming to reduce risk of falls



DANCE & SOCIALISE

Come along to a welcome session
13:30—15:00 Friday 16 June 2017

TWICE WEEKLY

**Tuesday 15:30 - 17:00 &
Friday 13:30 - 15:00**

Ocean Road Centre
South Shields, Tyne and Wear
NE33 2DW

*These twice weekly sessions continue
FREE until the end of August*

PLACES MUST BE REGISTERED IN ADVANCE

Enquiries or book 0191 241 4931

No experience needed. Wear comfortable clothing and footwear
Refreshments provided

More information www.helixarts.com

Company of Others

The
Henry Smith
Charity

founded in 1628



Supported by

**ARTS COUNCIL
ENGLAND**

