



FALLING ON YOUR FEET

* Making friends, getting fit and having fun with people over 65 *

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



DANCE & SOCIALISE

Come along to our
welcome /taster sessions

Monday 11th September 10:00—11:30
Wednesday 13th September 13:00—14:30

**PLACES MUST BE REGISTERED
IN ADVANCE**
Enquiries or book 0191 241 4931

TWICE WEEKLY

Mondays 10:00—11:30
Wednesdays 13:00 - 14:30

VENUE

Meadow Well Connected
Waterville Road
North Shields
NE29 6BA

These twice weekly sessions continue FREE until the end November 2017

More information www.helixarts.com

Company of Others

The
Henry Smith
Charity
founded in 1628



Supported by
**ARTS COUNCIL
ENGLAND**