

FALLING ON YOUR FEET

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

Falling on your Feet SOUTH SHIELDS is a Helix Arts dance and health programme aiming to reduce risk of falls and social isolation with Megan Brown, dance artist, Company of Others



DANCE & SOCIALISE

Come along to a welcome session 8 September 2017 13:30: 15:00

THEN WEEKLY

Fridays 15:00 - 16:30

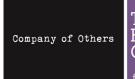
Ocean Road Centre
South Shields, Tyne and Wear
NE33 2DW

Continues until the end of November 2017 FREE for new members. Donations welcome.

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







ARTS COUNCIL The Cult Spring Council Spring Council Co

