



# 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](http://www.helixarts.com)

Company of Others

The  
Henry Smith  
Charity

founded in 1628



Supported by

**ARTS COUNCIL  
ENGLAND**

