



FALLING ON YOUR FEET

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

Falling on your Feet **SUNDERLAND** 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

Tues 12th September 2017 13:00—14:30
Friday 15th September 2017 13:00—14:30

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

TWICE WEEKLY

Tuesdays and Fridays

13:00 - 14:30

VENUE

Pallion Action Group

5 East Moor Road

Sunderland, SR4 6QW

*These twice weekly sessions continue **FREE** until the end November 2017
Health assessment and advice available from supporting partner
Rowlands Pharmacy group*

More information www.helixarts.com

Company of Others

The
Henry Smith
Charity

founded in 1628



The
Dunhill
Medical
Trust



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**ARTS COUNCIL
ENGLAND**

