Dance to Health
A Falls Prevention Dance Programme

Get fit and improve strength and balance

No dance experience necessary

Volunteers needed

Join your local class

Dance to Health is generously supported by

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dancetohealth.org

In partnership with

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Are you an older person wanting to improve your fitness, balance and strength? Do you enjoy music, making new friends and trying something new? Then Dance to Health is for you! No dance experience is necessary and even if you require walking aids you can take part.

- Get fit and improve strength, balance and flexibility
- Proven programme led by professional dance artist
- Reduce your risk of falling
- Make new friends
- Affordable – pay weekly subs to take part
- Join any time

What is Dance to Health?
Dance to Health is a pioneering, nationwide, falls prevention dance programme for older people. Dance to Health sessions combine evidence-based exercise with the creativity, energy and sociability of dance. The programme has seen number of falls reduce by 44% and 97% of participants would recommend Dance to Health to people who have fallen or are at risk of falling.
Volunteering opportunities

Local groups rely on volunteers and are recruiting now. Could you be the person we are looking for? We are looking for **Committee Members** to help run local groups plus **Peer Motivators** (aged 50+) and **Dance Support Volunteers** (aged 18 – 50) to assist regularly in classes.

- Volunteering roles for all ages
- Gain valuable experience and skills
- Support and training from the Dance to Health team
- Opportunities for role sharing and shadowing
- Be involved in your local community

Email us at volunteers@dancetohealth.org or visit dancetohealth.org/volunteers to find out more.

“I enjoyed it because I didn’t realise how much mobility I still had. It gives me hope. It made me feel free.”

Participant
Dance to Health in Norwich

Dance to Health in Norwich takes place at Harford Community Centre, Roxley Hall and the Norman Centre. For full information about classes and volunteering opportunities visit dancetohealth.org or contact your Dance to Health Local Coordinator.

Your Local Coordinator
Sharon Sanderson
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“I have noticed I am finding it easier to get out of my chair at home and I care about that, it’s those things that make a difference”

Participant