

Helping YOU get older people healthy through dance

A unique CPD opportunity to receive training, workshop appropriate material and experience hands-on working with older people

Developed from our current In THIS Moment project.

Are you an artist interested in:

- gaining /improving your skills and knowledge in supporting dance activities for older people ?
- developing creative content around key health activities for older people ?
- developing good practice in dance and health for older people ?

Further information available from Leanne@cheshiredance.org

Book NOW !

DATE	Wed 14 th May 2014
TIME	9:30 am – 4:00 pm
COST	£ 50
VENUE	Beechmere Rolls Ave, Crewe CW1 3QD

Please contact:-

Jane Atherton on 01606 861770

jane.atherton@cheshiredance.org

Winsford Library, High St, Winsford, CW7 2AS



An inter-generational dance and health project celebrating the youthfulness of older and younger people.

Through care support training, movement sessions and collaboration with primary schools, we aim to:-

- **progress healthy, creative and social outcomes In THIS Moment, amongst young and older people**
- **develop and push the boundaries of high quality art provision for older people.**



The Baring Foundation

