

STRATHEARN ARTS PRESENTS

DANCE FOR HEALTH

With **Janice Fraser** from Dance for Life

We are excited to announce **free** online dance classes running Monday, Tuesday, and Thursday at 2pm via Zoom.

These classes could benefit people with any kind of mobility or other challenges, including: those who are **shielding; with Parkinson's; with certain types of cancer; arthritis; early stage dementia; depression; or, recovering from illness or major surgery.**



These classes are designed to be accessible for all and can easily cater for those who are unable, or do not wish to stand for the duration of the class.

All you need to take part is a device with a camera that can access the internet, and a small space to move in.

Technical support is available for those who might have difficulties getting online. **If you have any questions about how to join us virtually please contact Megan on 07789 639 956 or email megan@strathearnarts.org**

For further information or to sign up please contact Janice Fraser on 07921 717 486.

