

STRATHEARN ARTS PRESENTS

# DANCE FOR HEALTH

With **Janice Fraser** from Dance for Life



## Online Dance Classes

The classes could benefit people with any mobility or other challenge.

There is time after each class to chat and get to know the other dancers so please, come along!



## Free

Classes will run Monday, Tuesday, and Thursday at 2pm and are free to attend.

To take part you just need a device with a camera, internet access and a small space to exercise in.



## Online via Zoom

If you have concerns about getting online we are here to help.

Email [megan@strathearnarts.org](mailto:megan@strathearnarts.org) or call 07789 639956 for information on technical support.



## Accessible

The classes are accessible to everyone and can even be done while sitting in a chair.

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



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DANCE  
for life

