

Strictly Fun Dancing for Parkinson's

Energise your body and mind

Come and join this physically and socially engaging exercise class

Bop, shake your booty to the beat and sound of music

Strictly having fun, learning to dance amongst friends



“You're going to reap just what you sow”

Any associated health and medicinal benefits for PwP as recorded in various research studies

- **Help improve fluidity of movement**
- **Developing postural stability**
- **Improving flexibility, balance and reducing stiffness**
- **Give your mental health and level of mindfulness a boost**

The class will be conducted under the expert guidance of classically trained Sophie Zealand who will guide you through various dance disciplines, ranging from the classical world of Ballet to

Disco, Bollywood, Step dancing, Jazz, Samba, Salsa, Hip-Hop and Line dancing

This class is also open to partners and friends of Parkinson's family

Please register your interest with

Sophie Zealand

Email: Sophie.zealand@yahoo.co.uk

Mobile: 07985 158263

The launch date and the format of the class TBC

£5 per session

Parkinson's UK Harrogate & District Branch