

RE-CONNECT PROJECT



Every Monday from 10.30am - 12.30pm

This is a new, gentle movement class for older people aged 65+ on Mondays from 10.30am - 12.30pm from **6 March to 4 Dec** 2023. This supportive community class is designed for people who may have dementia, Parkinson's or restricted movement. The activities will be led by a professional dance artist, supported by volunteers and movements can be done seated, standing or a combination of both!

This project is **free** for participants, and is an opportunity for people to improve their health and wellbeing, make new friends and learn a new skill.

Classes will be held at DN Studios, 9b South Gyle Crescent, Edinburgh EH12 9EB.

If you would like further information or to register for the class please contact:

info@edinburghcommunityperformingarts.co.uk or visit
<http://www.edinburghcommunityperformingarts.co.uk>

Funders:

Russell Trust, Kilpatrick Fraser Charitable Trust, Edinburgh City Council /
supported by Western Neighbourhood Network