



Dancing With Parkinson's

Local dance and movement sessions for those with Parkinson's and their family, friends and carers.



Photo here and above by Steve Brading.



Photo by Rich Nolan.



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The Dance Network Association's **Dancing with Parkinson's** programme offers those living with Parkinson's a chance to experience creative movement and dance with their partners, friends, family and carers.

Classes are led by a Professional Dance Artist and encourage positive physical and mental wellbeing. The class concludes with time to chat over tea, coffee and biscuits.

We are delighted to be hosting classes at:

Colchester Castle Museum, Castle Park, Colchester CO1 1TJ

Wednesdays 11 September, 9 October & 13 November

14.30 - 16.00



William Loveless Hall, High Street, Wivenhoe CO7 9AB

Wednesdays 25 September, 23 October, 27 November & 11 December

14.30 - 16.00

Cost: £4.00 per participant and friend/family member/carer together.

This fee contributes towards the sustainability of the programme.

To book your place or to find out more information,
email **info@dancenetworkassociation.org.uk** or call **07490 374 717**.

Dancing with Parkinson's is run with generous support from Colchester Castle, Alderman Terry Sutton,
Councillors Simon Crow, Helen Chuah, Phil Coleman
and Mayor & Mayoress Cope.