



Photo by Gemma Wright.



# Dancing With Dementia

Offering those living with Dementia a chance to experience creative movement and dance with their partners, friends, family and carers.

Classes are led by a professional dance artist and designed to encourage positive physical and mental well-being.

The class concludes with time to chat over tea & coffee.

We are delighted to be hosting classes at:

**Venue:** The Royal British Legion Memorial Hall,  
Newland St, Witham CM8 2AZ

**Dates:** Tuesdays 10 September, 8 October, 12 November & 17 December

**Time:** 10.30 - 12.00

To book your place please call the Alzheimer's Society team on 01245 260 911 or email [essex@alzheimers.org.uk](mailto:essex@alzheimers.org.uk)

**Cost:** £1.00 per participant and friend/family member/carer together.

*This fee contributes towards the delivery of the programme.*



[www.dancenetworkassociation.org.uk](http://www.dancenetworkassociation.org.uk)



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