**Dance Centred**

**Health and wellbeing in the community**

**Dance for all whoever you are wherever you are**

Working with children and adult services, care, support and befriending groups, day centre, residential centres and supported individuals in the community

**Sessions are:**

Fun, supportive, responding to your needs with exercise and dance, drawing on different stretch, strength and mobility techniques, dance styles, creative interaction and the use of great music and props

Book a one off session, regular activity or developing a special event

**Autumn 2015 - Liskeard programme**

**Let's Dance – lively dance and exercise for older dances**

**Seated mobility and exercise class for adults who want to take it easy or are recovering from injury/illness**

**Inclusive dance class for adults with physical and learning difficulties**

**Dance platform for dance in the community**

**Dance Centred Aims to:**

**Increase access to opportunities to dance through**

Inclusive practice

Strategic placing

**Support healthy communities through**

Dance activity supporting physical and mental welling

Dance activity as a medium to enhance community cohesion