**You’re Invited**

**to Join us at**

**Dancing for the Brain**

**Are you supporting/caring someone who is experiencing DEMENTIA or ALZHEIMERS?**

**If YOU ARE then our weekly ‘DANCING for THE BRAIN’ dance is for you. Why not give us a try, come along together and spend a relaxing fun, social afternoon where you can both enjoy dancing and music that you like with people who have a similar caring role.**

**There will be every type of dance Disco, Northern Soul, Jive, Rock n Roll, Ballroom and Latin, Sequence Dancing, Line Dancing and fun dances to the music that will have you on the dance floor and singing along to your favourite tunes.**

**If getting here or transport is an issue please give us a ring and we’ll see what we can do.**

# **EVERY Thursday STARTING ON 2 SEPTEMBER from 1 pm until 3 pm**

# **refreshments provided**

**COME ALONG TO THE BALLROOM AT**

 **Wallsend Memorial Hall and People’s Centre**

**Frank Street, Wallsend, NE28 6RN**

# **For Further information contact: Lesley Spillard Tel: 07988901434**