



**HELIX
ARTS.**

Falling On Your Feet

Do you care for a loved one or friend?

Do you enjoy dancing, meeting new people and staying active?

Take some time for you.

Falling On Your Feet is a dance programme for people aged 55+ to improve balance, health and mobility.

Why not join one of our taster sessions on Tuesday 7 & 14 September 2021 from 1pm to 3pm?

Sessions continue from 21 September 2021, 1pm to 3pm

Venue: Meadow Well Connected, North Shields, NE29 6BA

Book online: <https://forms.gle/gGVzb1VU4gK4kfKa7>

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betterconnect
caring creatively

 **Meadow Well
Connected**
The centre for our community

 **ARTS COUNCIL
ENGLAND**

Supported using public funding by
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Photograph: Falling On Your Feet Newton Aycliffe, Maria Maza, 2019