

MOVE MOMENTUM

DANCE WORKSHOPS FOR CARE HOMES

**DANCE SESSIONS TO SUIT ALL ABILITIES,
TAILORED TO INDIVIDUAL CARE HOME NEEDS.**

We're a Winchester-based charity, with a mission to provide accessible, inclusive and affordable dance classes.

We understand the benefits movement and music bring to all ages.

Our care home dance classes provide sessions that are safe, ensure everyone feels comfortable and supported - and most of all are fun and enjoyable!

Primarily chair-based, we can also provide standing movement if suitable, and we are specialists in providing sessions for residents with dementia and Parkinson's.

£50 for a 45-min session

*charity and block-booking discounts available

Please contact us on:



We recommend 45-minute sessions, arranged on a monthly basis, but can tailor timings and regularity to suit. If you want a longer/shorter workshop, on a weekly or less frequent basis than monthly, or a one-off session - that's fine. Just let us know!

**Book your FREE
trial class now!**

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www.movemomentum.co.uk