

# Belly Dancing for Emotional Health

wea.org.uk

## Belly Dancing for Emotional Health and Wellbeing

This free 5 week Belly Dancing class is for all abilities and is designed to help to promote emotional and physical health and wellbeing while having fun learning a new skill

This course is **Free of Charge** and is for clients registered with the Mary Frances Trust. To book please **first contact** the: Mary Frances Trust- 01372 375400, mob:07380 857701 (Parvin Ahmed), or **email:** [Info@maryfrancestrust.org.uk](mailto:Info@maryfrancestrust.org.uk).

**When:** Starting Monday 23<sup>rd</sup> September 2019 (& every Monday for 5 weeks)

**Where:** Kings Church, Longmead Road, Epsom, KT199BU

**Time:** 10.30am- 12.00 noon

**Facilitator:** Lola Mahmoud

**After** gaining a pin number from the Mary Frances Trust please book your place online at [www.wea.org.uk](http://www.wea.org.uk)  
Course reference C3744934 or phone 0300 303 3464

MaryFrancesTrust



Education & Skills  
Funding Agency



The WEA is a charity registered in England and Wales (no. 1112775) and in Scotland (no. SC039239).



**WEA**  
Adult Learning  
Within Reach