

Dancing for Health and Wellbeing

wea.org.uk

This free 5 week gentle dance-based exercise class for all abilities is designed to help to promote emotional and physical health and wellbeing.

This course is Free of Charge and is for clients registered with the Mary Frances Trust. To book please **first contact** Mary Frances Trust- 01372 375400, Text: 07929 024722 or mob: 07380 857701 (Parvin Ahmed)
email: Info@maryfrancestrust.org.uk.

When: Every Monday afternoon from Monday 3rd June- Monday 1st July

Where: Kings Church, Longmead Road, Epsom, KT199BU

Time: 12.30pm -2pm

Facilitator: Anna Smith

After gaining a pin number from the Mary Frances Trust please book your place online at www.wea.org.uk

Course reference C3744146 or phone 0300 303 3464



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

MaryFrancesTrust

Mary Frances Trust supports people to improve their emotional wellbeing through one to one support, courses, groups and activities designed to aid recovery

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