

Tricia

Wheelchair Dance Classes

Inclusive dancing for Wheelchair users and non Wheelchair users alike.


Learn Social Dances, The Waltz, Quickstep, Samba, Cuban Salsa and Fun Group Dances

The stepping stones to the right highlight some of the benefits of Wheelchair Dance.

First class free then £8 per session or £7 per session if paid for in advance block booking.

Tuesdays 1.30pm—3.30pm (Call for term dates)

**Aspire Wellbeing,
West Dulwich Health & Wellbeing Centre,
1 Park Hall Road, West Dulwich, London,
SE21 8EH**

 Call **Tricia** on **07729142463** or **0207 642 0041**

 wheelbedancing@yahoo.co.uk

 <https://www.facebook.com/pages/Wheel-be-Dancing/384435078386720>

 www.wheelbedancing.com

Connect
with
others

Have
fun!

Increased
confidence

Improved
Co-ordination

Improved
posture &
breathing

Improved
Fitness &
Stamina

Good Mental
Health &
Creativity

Express
Yourself!

Competitions
Performances

