

Dance For Parkinsons

A fun and sociable activity for Individual's living with Parkinson's, their carer or family member.

Improves strength, balance and mobility, temporarily relieving some of the daily symptoms.

With a slice of cake and a cup of tea!



**At: Georgetown Boys &
Girls Club,
Dynevor Street, Merthyr
Tydfil, CF48 1AY**

**Two Free Taster Sessions
12.30 – 2pm
Monday January 14th &
21st 2019**



For more information please contact Linzi on
01443 490390 or linzi@artiscommunity.org.uk