

DANCE WORKSHOP

Come & try our amputee dance workshop!

Rachel, a professional dancing instructor, has prepared an amputee specific afternoon of dance, covering two different styles – rhythm fit/street dance & ballroom.

Pace staff will be there to assist & ensure you get the most out of the session even if you have two left feet!

Dancing is a great form of exercise which challenges your general fitness, strength, co-ordination and balance – which are all hugely beneficial to amputees (& most of all it is fun!)

Places are going fast so book your place quickly!

Tuesday 21st August 2018

at Pace Rehabilitation, Bredbury (SK6 2SN)

£15 per person

Schedule

Workshop 1: 1pm – 2.45pm

Rhythm Fit/Street Routine/Toning

Break

Workshop 2: 3.15pm – 5pm

Strictly Come Dancing Session

To register your interest, contact Rosie Carr

rcarr@pacerehab.com or 0161 428 5500