

# A4D Dabke Folk Dancing with Shobana Jeyasingh Dance

A free weekly dance programme for adults looking to improve their brain health - with or without a diagnosis of dementia - and companions.

An 8-week dance programme exploring moving freely and joyfully with your body and mind. Rejoice in dancing together and create your own sequence using the communal and celebratory folk dance of Dabke, an intergenerational Middle Eastern dance.

Covid restrictions will be in place.

- Enjoy weekly creativity
- Make new social connections
- Develop new skills
- Engage in the community
- Combat memory worries

Social prescribing referrals welcome.



**When:** Friday mornings,  
10:30 am - 12pm,  
8 Oct - 26 Nov 2021

**Where:** The Abbey Centre,  
34 Great Smith St, London SW1P 3BU

**To register contact:**

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