

Dancing for Joy at Ashford Place with Shobana Jeyasingh Dance

A FREE 8-week programme for individuals with early-stage dementia, mild cognitive impairment and their companions.

Working with senior company dancers from Shobana Jeyasingh Dance Company, you will discover how to create your own contemporary dance choreography and become creative with ideas your body will respond to.

No prior knowledge or participation in dance is necessary; this project is for all abilities and can be done sitting down or standing up!

You will surprise yourself, have fun and be part of a wonderful dance project.

An optional lunch will be available at 1pm for £5

- Enjoy weekly creativity
- Make new social connections
- Develop new skills
- Combat memory worries



Dates: 3 August - 21 September

Time: Every Thursday, 11:30am - 1pm

Where: Ashford Place,
60 Ashford Road, London, NW2 6TU

To register contact:
emily@arts4dementia.org.uk

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