

A DANCE & HEALTH PROGRAMME
WITH PEOPLE AGED 65+

FALLING ON YOUR FEET



**HELIX
ARTS.**

www.helixarts.com

HELIX ARTS.

Falling On Your Feet

Helix Arts' **Falling on your Feet** is a dance and health programme co-produced with people aged **65+ who are living independently.**

Work with high quality dance artists in regular workshops to develop your strength and flexibility, and co-create high quality dance pieces.

- Develop creativity and confidence through dance
- Improve strength, flexibility and balance
- Reduce risk and fear of falling
- Have fun and make friends

Getting involved

Our programme runs throughout the year at venues across the North East. Places must be registered in advance.

Not sure if it's for you?

Come along for a taster session at your closest venue. To see videos and photos of our classes in action, visit our website or call us.

"I'm breathing better. My balance and walking are better. I'm even standing better."

"It brought out of us what we didn't know we had in us."

For details of your nearest venue and to book a place visit www.helixarts.com or email us at foyf@helixarts.com. You can also call us on 0191 241 4931.

Funded by:

Arts Council England
The Dunhill Medical Trust
The Henry Smith Charity

In partnership with:

Newcastle University
Age UK
Dance City
The Cultural Spring
Sight Service

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