

SIT AND BE FIT

Chair Dance and Fitness

Weekly sessions in 2020

Chair dance is an inclusive form of fitness for the less mobile.
It helps to improve flexibility, balance and circulation.

Our chair dance sessions are open to all ages and abilities
and the chair-based nature of the exercise also makes it
the perfect fitness technique that you can use at home.

Everyone is welcome – please come and try it out.

On Mondays 1pm to 2-30pm – Where ?

January 13th in Rhuddlan Community Centre

January 20th in Ebenezer Chapel

January 27th in Rhuddlan Community Centre

February 3rd in Ebenezer Chapel

February 10th in Rhuddlan Community Centre

February 17th in Ebenezer Chapel

February 24th in Rhuddlan Community Centre

Free Entry – No Charge

The sessions are organised by Rhuddlan Dementia Steering Group and are
funded by Denbighshire Voluntary Services Council and its partners.

For more information contact Mike Kermode tel. 07801768878



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