

Let's Get Moving!

Fancy having fun moving to music and meeting new people?

Get involved with Autin Dance Theatre!

Let's Get Moving!



Movement

And Wellbeing

Sessions for over 50s

Each session offers a light physical warm up, followed by a chance to move together, meet with others and learn some dance and wellbeing exercises. All from the comfort of your own home or wherever you are.

There are 2 Zoom sessions to choose from each week throughout March and April 2021 on Saturdays (11am) and Tuesdays (5pm). **It's FREE, interactive and accessible to all!**

Each workshop is different so you can attend 1 creative session or sign up for more. These fun and friendly movement sessions are tailored to everyone's ability, and are suitable for those with restricted mobility. The aim of **Let's Get Moving!** is to support participants in developing resilience, and improving mental and physical health.

To sign up as an individual or a group, please visit bit.ly/AutinDTMoving
Places are limited and allocated on a first-come first-served basis. Book in early to avoid disappointment.



Let's Get Moving! sessions are for anyone aged 50+

Got any questions?

Give us a call, text or WhatsApp on 07557 981 497
or email: johnny@autindt.com



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