

Dancing with Dementia!

at the West End Centre,

Aldershot,

on Monday afternoons

2.30-4pm



Fun and
engaging music and
movement sessions followed
by tea and biscuits!



For people with dementia and their guests.
All ages and abilities welcome.



Term Dates:

21st May *Taster Session*

4th, 11th, 18th, 25th June

2nd, 9th, 16th July

**£5 per person
per session**

For more information please
visit our website

www.empowermentunbound.weebly.com

or get in touch via email

✉ empowerment.unbound@gmail.com

You can also find us on Facebook!

 [@EmpowermentUnbound](https://www.facebook.com/EmpowermentUnbound)

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