

# Unique Training Opportunity

developed from our older peoples project

In THIS Moment

## Helping YOU support older peoples' health through dance

Are you a carer, support worker, activities co-ordinator or a personal assistant to an older person?

Are you a dance artist curious about developing the movement potential of older people?

Do you want to:-

- gain / improve your skills and knowledge in supporting dance activities for older people?
- develop creative content around key health activities for older people?
- develop good practice in dance and health for older people?

**TIME / DATE:** 10 – 4pm, February 25<sup>th</sup> 2015  
**COST :** £ 35  
**VENUE :** Willowmere Extra Care Development  
East Road, Middlewich, CW10 9HW

Please contact

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**An inter-generational dance and health project celebrating the youthfulness of older and younger people**

**Through care support training, movement sessions and collaboration with primary schools, we aim to:-**

- **progress healthy, creative and social outcomes In THIS Moment, amongst young and older people**
- **develop and push the boundaries of high quality art provision for older people**



The Baring Foundation

