



**New time
from Feb**

Thursday
2-3.30pm in the Bakehouse

Dance for Health

Have fun and get fit. Improve your balance, co-ordination and flexibility. Make friends and enjoy dancing as a group to music of all genres. Our sessions are designed to increase your mental and physical wellbeing. Take part seated or standing.

Free to attend for everyone over the age of 55

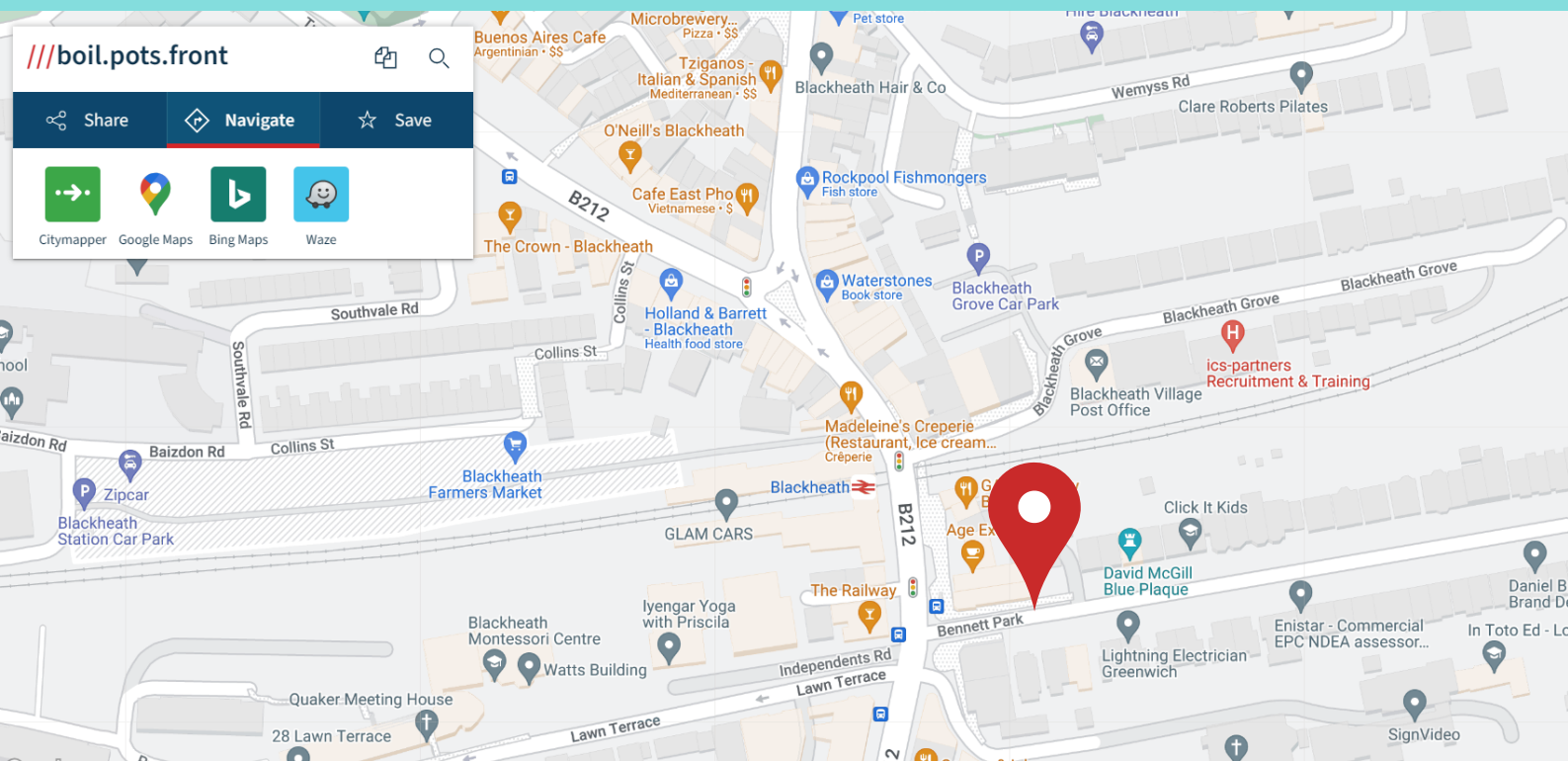
To take part or make a referral call 07729 107 520

All our groups are Dementia Friendly

Bakehouse Theatre
Age Exchange
11 Blackheath Village
SE3 9LA



How to find Age Exchange



[///boil.pots.front](http://boil.pots.front)

Age Exchange is an arts charity providing creative group activities throughout the week and support for those living with dementia and their carers. This year we celebrate 40 years working in reminiscence and dementia support using the creative arts.

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Access from Bennett Park or through the café