

FREE DANCE SESSION



South Seacroft Friends & Neighbours
Methodist Church Hall, 1081 York Road, Leeds LS14 6JB

Six week trial from Friday 23 February
10.30am - 11.30am

Do you like having fun?
Are you aged 55+?
Do you like music and meeting people?

Then come along and join us for DANCE ON!

And don't worry...
if you haven't danced before
if you feel overweight
if you're recovering from an illness
if you've no one to come with

This session is a gentle and fun hour
to meet and socialise with others,
do some moving around and have a laugh!

**YORKSHIRE
DANCE**

