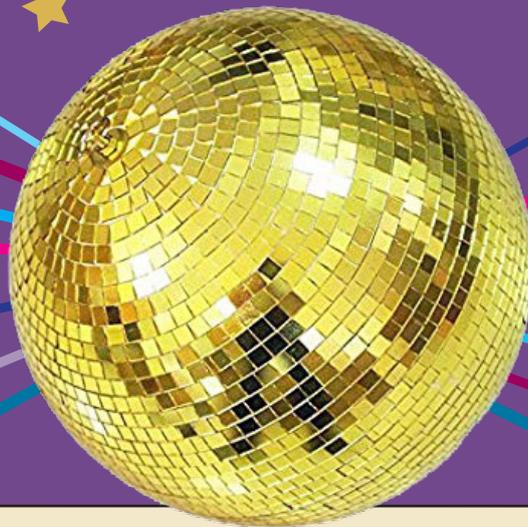


# *Strictly "Seated" Dancing!*

*Gentle dance and movement class*



**Starts 1 April at  
United Reformed Church Hall, Grange**

**Held on Wednesdays  
(Please note this runs April to September)  
Come and have fun from 2.00 - 3.00pm**

**Dance is an excellent way to exercise, socialise and  
have fun whilst moving to some well-known tunes -  
even sitting down!**

To find out more about these **FREE** sessions and to register your interest, please contact us  
on **01539 728118**. We will be happy to help.