

"Move Dance Feel has provided a wonderful outlet for self expression and creativity, which I have found to be very healing."

- PARTICIPANT

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MOVE *Dance* FEEL

AT PAUL'S CANCER SUPPORT CENTRE!

An invitation to dance for women affected by cancer, including those who are supporting someone with cancer

Come and stimulate your senses in a **friendly environment**, where together we'll **explore** the dynamics of dance...

Move Dance Feel offers **open dance sessions** that are fun, social and centred around creative expression.

Participants are inspired to dance in response to others and to stimulating world music.

SEE OVERLEAF FOR DETAILS

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LOCATION

Paul's Cancer Support Centre
20 - 22 York Road
London SW11 3QA

The Centre is on the first floor of Battersea Central Mission, at the beginning of York Road that adjoins Battersea Park Road.

CLOSEST STATION

10 minutes walk from Clapham Junction station.

BUS NUMBERS

44, 49, 319, 344 or 345 bus routes stop near the Centre. Alight at the Battersea High Street stop

WHAT TO WEAR

Loose comfortable clothing that you can move easily in. Soft –soled shoes or bare feet.

WHAT TO BRING

A bottle of water and small snack should you need it.

DATES AND TIMES

10.30am – 12.30pm dance session
12.30pm – 1pm tea and social

WEEKLY SESSIONS

every Thursday
17, 24, 31 January
14, 21, 28 February
7, 14, 21 & 28 March 2019

Sessions are **FREE** to attend but you must register your interest with Paul's Cancer Support Centre:

E support@paulscancersupport.org.uk
T 020 7924 3924



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