


Move. Dance. Feel.

An Invitation to Dance for Women Recovering from 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.

This project is for adult women.
No prior dance experience is necessary, and you are welcome to bring along a female friend.

WEEKLY SESSIONS
Mondays 2.15pm – 4pm

See overleaf for dates, location and registration details...

“For me, dancing started to bring me back to my own body and its energy, strength and basic joyfulness.”

Move. Dance. Feel. participant 2016

LOCATION:

**Bromley By Bow Centre,
St Leonards Street, London, E3 3BT**

DIRECTIONS:

The Bromley by Bow Centre is well connected to Underground, DLR and local Bus routes. It is a 5 minute walk away from **Bromley by Bow Tube Station**. Turn left out of the station, down the stairs and keep walking. You will see a stone archway and a park on your left hand side - the next archway leads to the Centre's main reception.

Devon's Road is the nearest DLR Station. It is also a ten minute walk from **Bow Church DLR Station**.

Buses number **108** and **488** stop outside the Bromley by Bow Centre on Grace Street. Alternatively you can get the **D8** bus to Bow Church DLR Station and it is a short walk away.

To find local buses and bus stops click [here](#).

2017 AUTUMN DATES:

**18, 25 September
2, 9, 16, 23, 30 October
6, 13, 20, 27 November
4, 11, 18 December**

The sessions are **FREE** of charge, but **please register** your interest with the **Bromley by Bow Centre** in order to attend.

Contact Wade.Foster-Stennett@bbbc.org.uk or call **0208 7099736**.

What to wear:

Loose comfortable clothing that you can move easily in. Soft –soled shoes or socks or bare feet. Something warm for end of session relaxation.

What to bring:

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