



# **HELIX ARTS.** Come and dance, meet new people, have fun & stay active.

A free ten-week dance and health programme for people aged 55+.

**Starts 13th January until 24th March 2022.**

**Every Thursday, 1.00 - 2.30pm**

**Venue:** Segedunum Roman Fort & Museum, Wallsend, NE28 6HR.

Come and try it out. No pressure. Time out for you. No experience required

A chance to chat and have a cuppa.

We especially want to give time out for people who are caring for others.

[www.helixarts.com](http://www.helixarts.com)

**Find out more or book your place:**

**Call: 0191 241 4931 Email: [katiejayne.appleyard@helixarts.com](mailto:katiejayne.appleyard@helixarts.com)**

Supported by the Thriving Communities Fund, made possible thanks to

