

Dance Sessions for Charities



Engage4Health

A.S.K.I. are launching , a chair-based and standing dance/movement programme specially designed to engage older people with dance/movement as part of our Active Ageing programme in 2020

The Concept

Following over 25 years teaching and engagement with dance Joseph Jeffers as devised a range of chair based and standing exercise classes designed for people 50-85. The classes use a wide range of music styles and movements which benefits older people including those with dementia and cognitive impairment.

Classes are for a maximum of 20 people and the session cost £50 per hour. Classes are taught by Joseph Jeffers who holds a Degree in Dance along with a Diploma in Dance for older people. Joseph is an Associate member of the I.D.T.A.

A.S.K.I.
Advice Support Knowledge Information

For more information contact
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