

MOVING, DANCING & RELAXING FOR HEALTH AND WELLBEING

WITH DR. MELANIE ANN BRIERLEY (PHD)

22.09.2023

RESET.

REVIVE.

MOVE WITH GREATER EASE AND
EXPRESSION.

ENJOY DANCING WITH OTHERS.

JOIN US FRIDAY

10:00-11.15

ARNSIDE

EDUCATIONAL

INSTITUTE (JOYCE

NICHOLSON HALL).

£60 FOR 6 CLASSES

OR

£12 FOR A DROP IN

SESSION

EMAIL

MELLIEBEING@GMAIL.COM

PHONE

07745849714