

# Dance for Balance

Come join our fun, easy, low impact Bachata dance classes!

Perfect for beginners - learn on your own or with a partner

Improve your balance

Improve your mobility and coordination

Dance syllabus designed by our qualified physiotherapist and Latin dance enthusiast, Thien, for those aged over 60.

We look forward to seeing you there!



**When:** every Monday

**Time:** 2:30pm to 3:30pm

**Where:** The Gardens Recreation Centre, cnr Kings Road and Martins Road, Parafield Gardens

**Cost:** Commonwealth Home Support Programme or Home Care Package funds can be used to pay for an initial health assessment and your class fees. Private health insurance rebates for fees can also be claimed.

Call us on 1300 444 663 to find out more



Helping Hand  
new aged care