



Dance for Balance

Dancing is a great way to improve fitness and mobility, and increase balance and coordination.

Our Bachata Latin dance class is fun, low impact, and perfect for beginners. You can learn on your own or with a partner.

Our one hour classes are delivered by a qualified physiotherapist and dance enthusiast, and is specifically designed with older adults in mind.

Time and Location

Mondays 2:30pm

The Gardens Recreation Centre
corner of Kings Road and Martins Road
Parafield Gardens

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 may also be claimed.

Contact us on 1300 444 663 or homecare@helpinghand.org.au to find out more