

STAY NOURISHED

eat well, drink well, age well

FREE!!



DANCE CLASS

JOIN OUR LATIN AND BALLROOM INSPIRED 45 MINUTES DANCE CLASS!

- **LOW INTENSITY**
- **EASY TO FOLLOW STEPS**
- **BEAUTIFUL MUSIC**
- **QUALIFIED INSTRUCTOR**
- **TRY DIFFERENT STYLES:
CHA CHA, FOXTROT,
WALTZ, RUMBA, SALSA**

WHEN:

TUESDAY 26/09/2023

TIME: 1.30PM

WHERE:

**GROVE NEIGHBOURHOOD
CENTRE
W6 0DT**

MORE INFO:

KRIS@HC.HOMEINSTEAD.CO.UK

TEL: 0208 746 1213



Home Instead®