

# 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:**

**WEDNESDAY 23RD AUGUST**

**TIME: 1.30PM**

**WHERE:**

**GROVE NEIGHBOURHOOD  
CENTRE  
W6 0DT**

**MORE INFO:**

**KRIS@HC.HOMEINSTEAD.CO.UK**

**TEL: 0208 746 1213**



# Home Instead®