

# *Move. Dance. Feel.*

**An Invitation to Dance for Women Recovering from Cancer**

Come and stimulate your senses in a **friendly environment**, where together we'll **explore** the dynamics of dance....

*Move. Dance. Feel.* offers **open dance sessions** that are fun, social and centred around creative expression.

This project is for adult women who are in recovery post treatment, to **celebrate life after cancer**. No prior dance experience is necessary, and you are welcome to bring along a female friend.

## **TASTER SESSION**

**Monday 13 March 2.15pm – 4pm**

## **WEEKLY SESSIONS**

**Mondays 2.15pm – 4pm**

*“For me, dancing started to bring me back to my own body and its energy, strength and basic joyfulness.”*

*Move. Dance. Feel. participant 2016*

**See overleaf for dates, location and registration details...**

## LOCATION:

**Bromley By Bow Centre,  
St Leonards Street, London, E3 3BT**

## DIRECTIONS:

The Bromley by Bow Centre is well connected to Underground, DLR and local Bus routes. It is a 5 minute walk away from **Bromley by Bow Tube Station**. Turn left out of the station, down the stairs and keep walking. You will see a stone archway and a park on your left hand side - the next archway leads to the Centre's main reception.

**Devon's Road** is the nearest DLR Station. It is also a ten minute walk from **Bow Church DLR Station**.

Buses number **108** and **488** stop outside the Bromley by Bow Centre on Grace Street. Alternatively you can get the **D8** bus to Bow Church DLR Station and it is a short walk away.

To find local buses and bus stops click [here](#).

## 2017 DATES:

**13, 20, 27 March**  
**3, 10, 24 April**  
**8, 15, 22 May**  
**5, 12, 19, 26 June**  
**3, 10, 17, 24, 31 July**

The sessions are **FREE** of charge, but **please register** your interest with the **Bromley by Bow Centre** in order to attend.

Contact [Wade.Foster-Stennett@bbbc.org.uk](mailto:Wade.Foster-Stennett@bbbc.org.uk) or call **0208 7099736**.

## What to wear:

Loose comfortable clothing that you can move easily in. Soft –soled shoes or socks or bare feet. Something warm for end of session relaxation.

## What to bring:

A bottle of water and small snack should you need it.