

# Harrogate District

A Voice for older people in the Harrogate District



## Keep on moving!

Do you want to Dance? Come and join us as we dance the afternoon away. Dancing for Well-Being is good exercise, it's gentle and safe, it's great for company and friendship, it's relaxing and uplifting, but most important of all it's FUN

Jackie Terry runs a number of Dancing for Well-Being Groups in the Harrogate area and we are delighted that she is running one especially for us. It is ideal if you find other dancing or exercise classes too much and you enjoy the company of others while you are exercising.

Natalie Smith, Health & Active Lifestyle Officer from Harrogate Borough Council is also on hand to talk about other things we can do to stay fit, mobile and independent. Research has shown that regular exercise can help reduce the impact of several diseases and improve sleep, prevent falls and fractures, and improve low mood and memory.

Want to meet up socially with others who are interested in what's going on in the district? As always, there will be a raffle along with refreshments. Come and join us!

**Date: Thursday 21<sup>st</sup> January**

**Time: 2.00 - 4.00pm**

**At: St Paul's Church Hall, Victoria Avenue, Harrogate HG1 1EL  
(opposite Harrogate Library)**

For information about local events and advice on issues affecting people over 50 visit: [www.hgdover50sforum.org.uk](http://www.hgdover50sforum.org.uk) or Twitter: @hgdover50sforum  
or e-mail: mail@hgdover50sforum.org.uk