

# MOVE *Dance* FEEL

IS COMING TO THE  
SOUTH WEST  
IN PARTNERSHIP WITH



**Penny Brohn UK**  
Living Well with Cancer

To give you a sample of **Move Dance Feel** and tell you more about the project, we're offering a **dance taster session** in **Bristol** hosted by **Trinity Centre**.



TASTER SESSION:  
THURSDAY 19 MARCH 2020  
11AM - 1PM

Location:  
**Trinity Community Arts**  
Trinity Centre  
Trinity Road  
Bristol BS2 0NW

Book your place:  
[liz@trinitybristol.org.uk](mailto:liz@trinitybristol.org.uk)  
0117 935 1200  
[www.trinitybristol.org.uk](http://www.trinitybristol.org.uk)

This session is **free to attend** and no prior dance experience is necessary. Please wear comfortable clothing you can move easily in.



*'It makes me feel the absolute joy of being alive'* - Participant

**ENHANCING  
WELLBEING**  
through

PEER SUPPORT  
ACCOMPLISHMENT  
POSITIVE EMOTION  
CREATIVITY & SELF-EXPRESSION

## ABOUT

**Move Dance Feel** is a creative project for women affected by cancer, including those caring for someone with cancer, designed to offer **holistic support and enhance wellbeing**.

It uses dance as a medium for **social cohesion** and helps women to **reconnect with the body** after treatment.

*'I come feeling tired and I leave feeling like I have more energy.'* - Participant

We offer dance and movement sessions to **adult women with any type of cancer**, at any stage in their cancer experience - having just been diagnosed, undergoing treatment, or post treatment. Participants are welcome to bring along a female **friend or family member**.

Sessions combine dynamic and creative movement activities with **playful** opportunities for interaction and quiet reflection.

There is a particular focus on the **physicality of dance, artistic exploration and creative collaboration**, with time at the end of the sessions for cool down and relaxation.

*'It's a psychological game-changer to come here.'* - Participant

## HOW WE HELP

**Move Dance Feel** was initiated in 2016 to address a recognised need for post-treatment support, and as a holistic form of **physical activity** dance is proving to be extremely beneficial in this context. Our research results show **improvements in body confidence, alleviation of stress and anxiety, and a reduction in cancer related fatigue**.

*'It gives me such a feeling of achievement'*  
- Participant

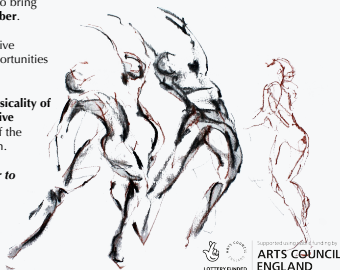
**Weekend courses** will take place at Penny Brohn UK throughout **2020** in:  
**January, March, May, July, September, November**



@MoveDanceFeel



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ARTS COUNCIL  
ENGLAND