

MOVE MORE

Dance and Health event

**Public Health North East**

Dance City in partnership with Public Health North East and Women's Sport and Fitness Foundation will present a morning of Dance and Health. The event is to share the results of ONE YEAR pilot to better understand the health and well-being benefits of dance in early years and their families. The pilot has been evaluated by NEPHO, Durham and Teesside Universities. The morning will share the results, have a practical workshop with Bare Toed dance company, and seek to create next steps to developing dance for health in the region.

Places are FREE and limited to 100.



**For a FREE place at
the event contact;**

Helen Dodd

Helen.dodd@dh.gsi.gov.uk

For more information on Dance and
Health MOVE MORE contact;
Laura Richardson

0191- 2610505

Thursday 25th June 2009

9am –1pm

Dance City, Newcastle NE1 4BR

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Dance and Health event

Dance City

Thursday 25TH June 2009

9-9.30am Registration and coffee

9.30 – 9.45am Welcome from chair. George Hepburn OBE. Chief Executive Community Foundation.

9.45 – 10am Arts and Health. Penny Rae CEO Dance City

10 - 10.15am Introduction to the dance and health PILOT. Louise Wilson. Regional Physical Activity Coordinator. DH

10.15—10.30am Introduction to Bare Toed dance company. Lynn Campbell. Bare Toed.

10.30—10.45am Refreshment Break

10.45 – 11.30am Bare Toed workshop session

11.30 – 12.00pm The evidence from the PILOT. Louisa Ells North East Public Health Observatory (NEPHO)

12 – 12.30pm Breakout sessions WHERE NEXT?

(Facilitators, Janine A Ogilvie, Penny Rae, George Hepburn)

12.30 – 12.45pm Feedback from Discussion workshops – Next Steps.

12.45 -1pm Closing comments from Chair

Lunch and Networking till 1.30 pm