



# Dance for Health

**Thursday  
2pm to 3.30pm  
Age Exchange  
Bakehouse Theatre**

Have fun and get fit with our dance group for people living with dementia and their carers. Improve your balance, co-ordination and flexibility. Make friends and enjoy dancing as a group to music of all genres. Our sessions are designed to increase your mental and physical wellbeing. Take part seated or standing.

Part of our Creative Dementia Programme in Blackheath.

**To join or make a referral please call or email us**

**07729 107 520 or 0208 318 9105**

**[dementia@age-exchange.org.uk](mailto:dementia@age-exchange.org.uk)**

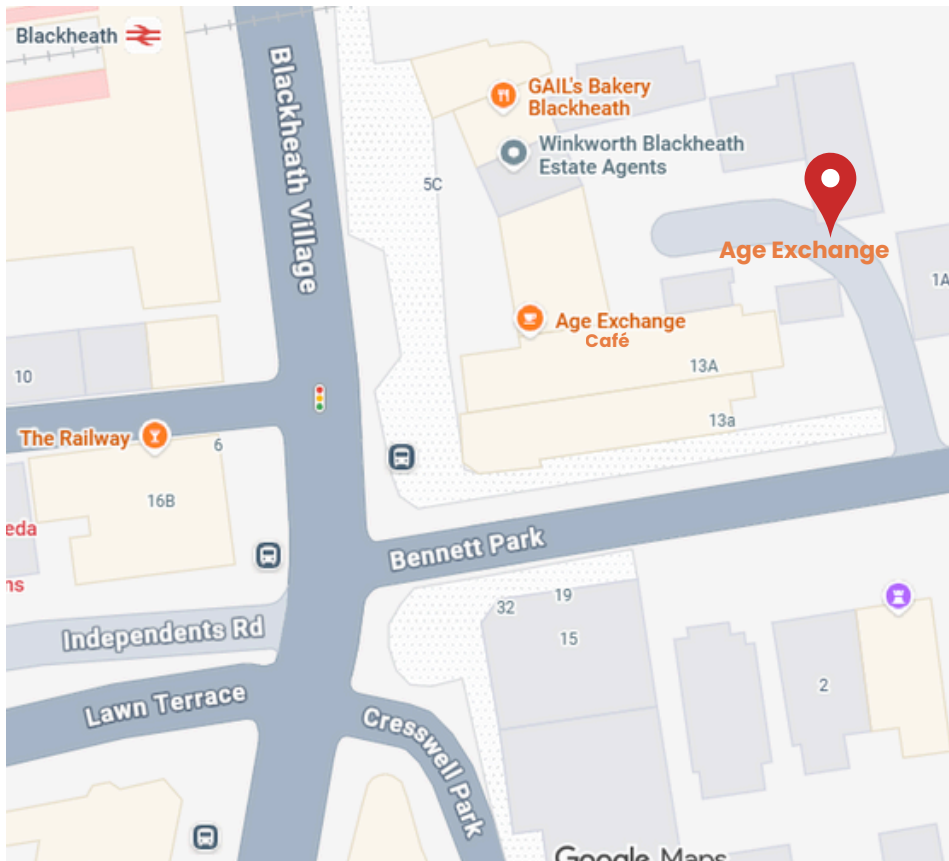
Funded by:



Charity Number: 326 899

Company number 1929724

# How to find Age Exchange



**Buses which stop nearby:  
54,202,108,89,SL4.**

**We are opposite  
Blackheath Rail  
Station.**

**Access to our  
Bakehouse Theatre  
is from Bennett Park  
or through the Café**

Age Exchange is an arts charity providing creative group activities throughout the week and support for those living with dementia and their carers. This year we celebrate 43 years working in reminiscence and dementia support using the creative arts.

**Bakehouse Theatre  
Age Exchange  
11 Blackheath Village  
London  
SE3 9LA**



**Referrals**

**[www.age-exchange.org.uk](http://www.age-exchange.org.uk)**