



Dance to health®

New dance classes for people over 50 living in Walsall

Dance to Health is a dance programme that provides a fun, sociable way for people aged 50 and over to incorporate physical activity and in particular strength and balance training into their daily life.

It's delivered by dance artists. They all have a background in community dance. They have received PSI training (the same training that NHS physios receive to prevent falls amongst older people) and further training on how to incorporate the PSI into the fun, creative medium of dance.

The dance artists deliver dance classes to groups of older people, either in person or online, weekly, for 26 weeks in order to improve their strength and balance sufficiently to prevent them from having a fall.

Dance to Health has been evaluated by Sheffield Hallam University. They concluded it reduces falls by 58% and offers the health system an effective and cost effective means to prevent older people from falling.

Walsall Council have commissioned Dance to Health so it is **free for participants**.

Online class: Every Monday at 2pm.

In-person class: Every Thursday in Brownhills Community Association at 1:30pm

To refer people, please check they are suitable using the details below then email their name and contact details to hello@dancetohealth.org.

If you have any questions, contact us on the above email address or ring 01993 870 161

Dance to Health is ideal for:

Anyone who is over 50 and is inactive

Somebody who is over 50 and is at risk of falling

Someone who is over 50 and has had a fall

Dance to Health isn't suitable for people with:

- Uncontrolled pain anywhere in their body.
- Uncontrolled angina.
- High blood pressure SBP > 180 mmHg, or resting DBP > 100mmHg.
- Tachycardia (fast heart rate) > 100 beats per minute.
- Uncontrolled acute illness e.g. pneumonia, cancer, infection.
- Uncontrolled eyesight / balance disturbances.
- Any significant drop in blood pressure when exercising.
- Unstable or acute heart failure.
- Inability to maintain a seated upright position.
- Recent fall causing an injury which hasn't been treated by a medical professional.

