

**MEDIA RELEASE**

19 November 2020

**Dance for Wellbeing is coming to Picton!**

Join local professional choreographer Bonnie Curtis to learn dance for physical health, well-being and fun.

**Dance for Wellbeing** is a **FREE** therapeutic dance and movement program for people living with disability. Created originally for people living with Parkinson Disease. The two taster classes will see people come together in Picton for a Covid safe dance program with Bonnie Curtis of Bonnie Curtis Projects. Participants in previous classes conducted in Goulburn have noticed improvements in memory, mobility and reduced social isolation.

Classes will run on Wednesday 9 & 16 of December at 11.30 am. Designed on the Dance for Parkinson's model, Bonnie will lead the dancers through a modified program for people living with disabilities and mobility limitations. These two classes will run as a taster with more classes scheduled for 2021.

All abilities welcome!

**Wednesday 9 & 16 December 11:30am**

Contact 0427 938 110 or [ao@southerntablelandsarts.com.au](mailto:ao@southerntablelandsarts.com.au)

Bookings essential as places are strictly limited. Participants can also attend via Zoom.

Southern Tablelands Arts delivers the program in partnership with Wollondilly Council with support from Dance for Parkinson's Australia



*Image: Dance for Wellbeing program in Goulburn 2019*

[www.southerntablelandsarts.com.au](http://www.southerntablelandsarts.com.au)

Southern Tablelands Arts acknowledges Aboriginal people as the traditional custodians of the lands we work on; we recognise the strength, resilience and capacity of Aboriginal people and respect the Aboriginal Elders past and present.

**End**

**Available for further comment:**

Bonnie Curtis Artistic Director Bonnie Curtis Projects on 0420 308 221

Rose Marin Executive Director of Southern Tablelands Arts on 0456 606 666

Southern Tablelands Arts is the peak arts and cultural agency for the Southern Tablelands region through its investment in and development of meaningful arts and cultural development programs and services.