

Parkinson's and getting older tries to lock the body down – causing stiffness, hesitation, falls. Dance does the opposite. It invites movement, encourages balance and promotes rhythm. And it's FUN!!!

Re-launching

Dance to live well

Dance to Live Well is being relaunched on Wednesday May 13th with your new instructor Jacqueline Gabbard.

Jacque trained as a classical ballet dancer and went on to dance with many ballet companies worldwide, before moving on into the world of musical theatre. She has experience of teaching dance to adults including a stroke group in Cuckfield.

Jacque has a passion for creating a safe, encouraging environment where everyone - regardless of physical limitations - can experience the joy and artistry of dance through music, rhythm and guided movement, helping to build strength and rediscover a sense of freedom and creativity.



**Jacquie
Gabbard**

ALL WELCOME

Mannings Heath Village Hall

Wednesdays from 13th May 2026 15:30 to 16:15

Cost £5 per session. No booking required