

DANCE FOR DEMENTIA

“It’s the best of settings. Joy, creativity
and a welcome for everyone.”



A creative and fun music and movement session for older adults living with dementia and their friends and family.

DANCE FOR DEMENTIA

MuMo
Creative

MuMo Creative's Dance for Dementia programme offers dance classes combining movement and live music to support older adults living with dementia. The sessions are led by experienced artists and supported by a team of volunteers. The programme invites people living with dementia to share a creative experience along with their families, friends and caregivers.

The Oxford Dance for Dementia programme is run in partnership with English National Ballet and Oxford City Council collaborating with Ark-T and Dementia Oxfordshire. The pilot phase of the programme is being developed as part of the University of Oxford's Science Together programme and in collaboration with researchers from the University of Oxford and the Oxford Brookes University.

How to get involved in Dance for Dementia:

- **Thursdays 5th Feb to 5th March (five weeks)**
- **2pm to 3.30pm**
- **Ark-T Centre @ The Venue, 242B Barns Road, OX4 3RQ Oxford**
- **Free for people with dementia and those who support them**

Learn more:

Visit www.mumocreative.com

email hello@mumocreative.com

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ENB's Dance for Dementia
Programme

