

Social Cuban Salsa Dance Classes

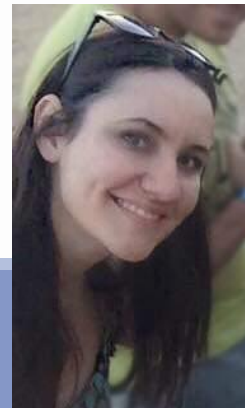
A great way to increase your physical activity - No experience required

After a successful trial, NIHRACS is once again partnering with Daniela Cristofaro (Dani), an experienced Cuban Salsa teacher, to provide a dance program for people of all ages and abilities. Cuban Salsa is great fun, men and women are both welcome - no need to bring a partner, it is danced in a social circle.

When: Mondays starting 27 January 6pm – 7pm

Where: SDA Hall, New Cascade Road

Cost: \$5/person



For more information contact Karen Innes-Walker, Health and Wellbeing Coordinator on 53969 or karen.walker@hospital.gov.nf