



Join Us

**Woking Leisure Centre, Woking Park, Kingfield
Road, Woking GU22 9BA**

12Noon – 1pm on Sunday 2 March 2025

We are supporting the national event which was founded by
Newsreader and Strictly Come Dancing contestant Angela Rippon.

Let's Dance aims to

Raise awareness for the benefits of dance, for mental and physical health
Make it easier than ever for people to join in, and find a suitable dance activity,
whatever their fitness level, age or experience

Bring people together across divides to connect through dance
Dancing brings a unique combination of benefits to individuals, communities,
and society.

Dance gets us moving – together – to spend time with people we wouldn't
usually meet.

We will have a dance style for all ages and abilities.

Led by a Surrey WI member Sarah Nuttall.

Sarah has been a Dance Fitness instructor at Moves
Fitness for over 25 years.

Bring your friends and family and your dancing shoes
for an hour of dancing fun .

Free to Join, Book your space via

www.ticketsource.co.uk/surreyfedwi or email

info@surreyfedwi.org.uk



www.surreyfedwi.org.uk

