

Let's Dance with Change4life – Healthy fun for everyone!

DID you know that if we carry on as we are, 9 out of 10 of today's kids risk growing up with dangerous levels of fat in their bodies? This can lead to serious illnesses like heart disease, cancer and type 2 diabetes in later life.

We all want our children to grow up to be happy, healthy adults but it can sometimes be hard to know how to achieve this. Change4Life is here to help us all eat well, move more and live longer.

Dancing is a great way for kids to be healthy. They burn energy, strengthen their bones and reduce the risk of developing obesity. What's more, dancing builds children's confidence, helps develop their imagination – and makes them feel good too! Every one of us has a dance inside us, Kids and adults, which is where Let's DANCE with Change4Life comes in. Not only is dance a really good way to get up and going but you'll have a really good time doing it!



FREE DANCE OPEN WEEKEND FOR ALL THE FAMILY EPIC LEISURE CENTRE, ELLESMERE PORT FRIDAY 5 – SUNDAY 7 MARCH

FRIDAY 5th MARCH

Friday Bust-A- Move 5.00pm - 6.30pm 9+ years

A four in one dance extravaganza, this session incorporates a variety of dance styles from hip hop, street dance, salsa and jazz

SATURDAY 6th MARCH

Salsa Aerobics 10.00am - 11.00am - Adults

This is a great way to learn those fabulous latin dance moves using a fun blend of sexy salsa moves; you'll burn fat, and tone your body. Feel the rhythm and say 'adios' to boring gym workouts.

Boxercise 11.00am – 12.00noon - Adults

Box your way to fitness with boxing moves and nifty footwork, this is a hi energy workout guaranteed to be fun, energetic and motivational.

SUNDAY 7th MARCH

Part of the Girls Active Project (GAP)

Street Dance & Hip Hop 12.15pm - 1.15pm

– GIRLS ONLY 11+ Years

Salsa / Latin 1.15pm – 2.15pm - GIRLS ONLY 11+ Years

Disco Divas 2.15pm 3.10pm - GIRLS ONLY 11 +Years

Booking essential.

To book online go to: <https://dance.change4life.com/index.aspx>

Or telephone EPIC on 0151 355 6432

Let's Dance with Change4Life online has more tips and ideas to inspire you... You'll find plenty of activities and suggestions, from simple dance steps to get you started to dance games that are perfect for family get-togethers or children's parties. The whole idea is to get everyone up and about and having fun. So for ideas to help your family get up and dance, search 'Change4Life' online.

