



Leading Dance for Older People with Mobility Issues for Health & Wellbeing

Older people are a diverse group, with different ages, socioeconomic backgrounds, life experiences, lifestyles and levels of physical ability. Many may have physical challenges or restrictions due to any number of reasons such as sedentary lifestyles, injuries; illness; or specific conditions. Depression and loneliness can also impact a person's mobility. Dance offers many benefits which can positively impact the health and wellbeing of this population.

In this 1-day workshop you will:

- Briefly discuss the positive impact of dance for this population & implications of ageing and mobility issues for leading dance
- Experience a demonstration class based on the approach & principles developed by RIPE Dance (ripedance.com.au) – including class structure; specific content & ideas; managing different levels of ability/mobility; focus on falls prevention and social connectedness
- Consider other approaches to meet your teaching preferences and participant needs
- Participate in a practical session to explore devising dance material for class content to serve specific scenarios and purpose. This session will include sharing and discussing the devised material.

PLEASE NOTE: There is some required workshop preparation activities which will be sent upon registration.

Presented by GOLD Moves Australia - Gail Hewton (RIPE Dance) and Julie Chenery, who together bring over 80 years of combined professional experience as artists, educators and community dance practitioners. Both Gail and Julie have received the Ausdance Qld Osmotherley Award for their contribution to dance education.

Gail has been immersed in working with older people for the past 7 years across a range of contexts and settings. In 2017 she co-programmed and co-facilitated the first Advanced Training for Dance for Parkinson's and in 2018 assisted by Arts Qld funding undertook a 6-week study tour of the UK to investigate dance for older people.

Julie brings many years' experience as an educator and community dance practitioner. She worked with a broad range of dance teachers and artists during a decade as the inaugural Executive Officer of Ausdance Qld. Julie has added community development practice and strengths-based counselling approaches to her offerings.

When: 9am-4pm Sunday 1 March 2020

Where: Grange Community Hall, 187 Wilston Rd, Newmarket, Brisbane (parking on-site and street)

Cost: Early Bird price before 5pm Friday 14 Feb \$125 - Regular price after 5pm 14 Feb \$170
Includes light lunch, morning & afternoon tea

Bookings: <https://www.trybooking.com/BHYNK> **More info:** www.ripedance.com.au/training

Contact: **Gail:** 0411 720 391 or gma.gailhewton@gmail.com **Julie:** 0408 779 373 gma.juliechenery@gmail.com

Comments from previous GMA workshop participants

- *I can't thank you enough for the amazing workshop. It was truly inspiring. Thank you for sharing all of your knowledge, experience and personal stories. I feel like I've found my calling!! This just feels like the right direction for me to take and the right timing as well. I'm really excited of the potential prospects that lie ahead for me and others to work in the area of Dance of Older Generations. I feel very fortunate to have you with us.*
- *Thank you so so much for an incredible day. I absolutely loved it and really appreciated all the work you put into the presentation and practicals. I took that many notes, my brain is going 100 miles an hour at present!!!! I want to implement something in Term 3.*