

PHYSICAL
POSTCARDS

Listen to us on
the BBC Radio Cornwall
Breakfast Show

©Melanie Chadwick

Every morning from 26th Dec to 1st Jan

You might have already heard about Physical Postcards by post - now we are inviting you to take part in our winter special, Physical Postcards On the Radio!


We will guide you through some gentle exercise and movement ideas that are easy and fun.

They are designed so you CAN do them, seated or standing! And of course its free, just turn on your radio and we will be there!

Why not join us and dance yourself into the New Year!

Lois and Sam x

If you'd like to keep up to date with other Physical Postcard opportunities then join our mailing list.

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Supported using public funding by
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