



EVERY MONDAY

DANCE WITH PROTEIN

12 JANUARY - 16 MARCH 2026

10:30 AM - 12:30 PM

Join our dance sessions for migrant women in partnership with the amazing Protein Dance.

In the sessions we use dance to:

- Connect across cultures**
- Celebrate different cultures**
- Improve physical health**
- Improve mental health**

Location: Brookhill Children's Centre, Woolwich, SE18 6BD

To register: email Rose at projects@theground.org.uk

Travel expenses can be reimbursed up to £5 per person