

**EVERY MONDAY** **DANCE
WITH PROTEIN****14 SEPTEMBER - 7 DECEMBER 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: contact Rose at projects@theground.org.uk or on WhatsApp on +447438 288814