



MOVE
Dance
FEEL

DANCE IN CANCER CARE: INTRODUCTORY TRAINING

Bringing together people working across the dance and the health sectors to gain understanding and insights about how dance can;

- Innovate cancer care services
- Support the wide ranging physical, mental and social health challenges associated with cancer diagnosis and treatment
- Create vital communities of care that lead to individual and collective wellbeing

LEARN
MOVE
CONNECT
REST
REFLECT

PENNY
BROHN UK
BRISTOL

15 - 17
OCTOBER
2021

AN AWARD
WINNING
INITIATIVE

Established in 2016, Move Dance Feel is an award winning initiative created to address a gap in cancer care and rehabilitation. Over the past 5 years the company has developed a robust, evidence based methodology. After this 2.5 day training attendees will;

- Be aware of the debilitating side effects of cancer diagnosis and treatment, and the complexity of long term health difficulties
- Have experienced the Move Dance Feel methodology in practice (approx 3 hours)
- Have gained insights as to how dance meets cancer pre-habilitation and rehabilitation criteria, and compliments whole person care approaches
- Reflect on their learning in relation to their own working environment

All attendees will be invited to become part of a growing network coordinated by Move Dance Feel. The network involves peer support in the form of quarterly gatherings and sounding boards, collaborative research, and exchange of resources and practice.

WHAT ARE THE
BENEFITS OF
DANCE IN THIS
CONTEXT?

63%
REPORTED
IMPROVEMENT
IN BODY
APPRECIATION

96%
REPORT
IMPROVEMENTS
IN MOOD

46%
REPORTED
IMPROVEMENT
IN LEVELS OF
FATIGUE

"I was truly amazed by the effect of Move Dance Feel on my patients. The benefits in terms of improved confidence and wellbeing were remarkable and supported by clinical data."

— Dr Virginia Wolstenholme, Consultant Clinical Oncologist, Barts Health NHS Trust



VISIT WWW.MOVEDANCEFEEL.COM/TRAINING

FOR MORE INFORMATION -

ACCEPTING EOIs UNTIL 29 SEPTEMBER

