



Contemporary Dance

Take Off is running a Contemporary Dance group to support positive mental and physical wellbeing. The group aims to promote exercising in a fun and creative way as well as providing a safe place where everyone can relate, empathise, give advice and support one another to take positive steps in their recovery.

The group runs every other Thursday from 2.00-4.00 at the Landmark Centre in Deal.

For any further information, please feel free to get in contact using the details here or use the contact form on our website.



NHS
Canterbury and Coastal
Clinical Commissioning Group

A place of positivity

Somewhere you can get
support, advice and
have fun

100% service user led

Free to attend

Regular attendance
welcome

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