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## Dance 4 Wellbeing classes for a healthy body and mind

Rowan Cowley  
Latest in Health

A DANCE therapy group in the Hunter region is looking to improve health outcomes for seniors and is inviting locals to step up to the challenge.

Dance 4 Wellbeing is offering a range of dance and movement programs for seniors in the region, including classes in aged care facilities throughout The Hunter and Sydney and movement classes for over 55s.

The group also offers classes for people with Parkinson's and mobility issues. No dance experience is needed to attend classes, classes are available to people with various levels of mobility and are designed to improve physical and mental wellbeing by linking mind and body.

Founder Jessica Conneely is a well credentialed professional who has performed extensively and completed a ballet scholarship in France before branching out to share her expertise with the health sector.

Jessica said there was ample scientific research to demonstrate the health benefits of dance for people who were ageing and it allowed people to exercise the body and strengthen the mind in a "joyous" way. "Dance 4 Wellbeing is perfectly placed to support people and combat the sedentary lifestyle that many experience as they age," she said.

For a full list of classes and times, call 0419-449-578 or click [here](#).



POETRY IN MOTION: Dance 4 Wellbeing instructor Jessica Conneely says dance is great therapy for people with Parkinson's Disease.

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Dance 4 Wellbeing instructor, Jessica Conneely