

Sutton **mencap**

**malookoo**

DANCE FITNESS



Come and join our Sutton Mencap  
fundraising dance fitness class  
Sunday 7<sup>th</sup> September 1pm-2pm

Tickets only £10 each (Carers free)



**Everyone age 16+ is welcome!**



Westcroft Leisure Centre  
dance studio, Carshalton

**Please bring support if needed.**

**No previous dance experience needed.**

**Booking and payment in advance  
please using QR code.**

**Places limited.**

**Any questions please contact Melanie Foote  
on 020 8138 8952 or email:**

**[melanie@suttonmencap.org.uk](mailto:melanie@suttonmencap.org.uk)**

**Scan to Pay!**

