



University of Ghana
College of Humanities
Centre For Ageing
Studies (CFAS)

Presents

SIX WEEKS DANCE & FITNESS PROGRAM FOR THE ELDERLY



Theme: Improve Flexibility: Reduce Stress Through Dance

*Open to
University community
& General Public*

**Registration
starts on
29th Jan. 2018**

Venue: Dance Hall, Department of Dance,
School of Performing Arts, University of Ghana.

Date: 15th February – 22nd March, 2017

Days: Thursdays and Fridays

Time: Thursdays 3:30pm – 5:30pm
& Friday 11:00am - 1:00pm

Minimum Age of entry: 50 years

For further information please contact:

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