



darts

breathe & connect

Friendly and relaxing creative sessions
for adults living with Long Covid



breathe & connect

'The most relaxed I've felt in years. My spirits were lifted and my body felt more open after the session.'

Fun and relaxing activities using simple songs and gentle movement to help manage the symptoms of Long Covid. Sessions are free to attend.

Dates & times

Tuesday afternoons 1pm – 2.30pm

Booking details

Sessions run for a 7-week block.
Please email amy@wearedarts.org.uk to book a place on the next block. Places are free.

Venue

The Point, 16 South Parade, Doncaster, DN1 2DR

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