



# Norfolk Federation of Wls

# Coming soon!

We are incredibly excited to announce a series of taster masterclasses in collaboration with Norwich Theatre. These events will bring creativity, movement and joyful activities to the Norfolk Federation of WIs through a variety of workshops. More details are below.

#### **Unwind with Drama**

Wind down from life's daily stress with accessible drama exercises and theatre skills, to connect with your creativity, express yourself, and have fun.

## **New Voices Choir**

An informal, friendly choir allowing participants to learn vocal techniques to get the best out of your voice, exploring a vibrant selection of songs and musical styles.

### **Ballet**

Relaxed and supporting ballet class open to all, regardless of experience and ability. A chance to get your body moving, and explore the joyful world of dance.

### **Creative Café**

Dance and movement based session exploring the physical, mental and sociable benefits of dance- from improving flexibility, balance and strength, to reducing the risk of falls and stimulating the mind. Session is suitable for less mobile participants, with space for tea, cake and socialising.

# Be a part of a creative community Coming soon Autumn 2024



