

# Keeping Sharp - Dance With Victoria



Join this weekly fun exercise class for older people.

## About This Event

Learn a few steps and dance your way to better balance and agility, with benefits for your heart and mental health.

**Classes are free for all. If you would like to contribute, there is a suggested donation of £3 per class to support MRS Independent Living.**

## Accessibility Information

Please contact [services@mrsindependentliving.org](mailto:services@mrsindependentliving.org) / 0330 380 1013 for further information regarding accessibility.

### Event Time

Every Monday

**Mon,  
10th Feb  
2025**

12:00pm - 1:00pm

### Event Price

**Free**

### Event Location

**Marie Lloyd Centre  
329-331  
Queensbridge Road,  
London  
E8 3LA**

