

**PRODIGY**  
DANCE STUDIOS



# FREE

## DANCE CLASSES

### My Adult and Me

Do you know a young person with low self esteem? Maybe suffering with anxiety or isolation?

"My Adult and Me" is a safe space for them to learn to dance with their chosen adult, to help build their confidence and your bond.



**Saturdays 11.30 - 12.30**

**6 week sessions**

**@ The Creative Academy, SL1 3NY**

**email [prodigydancestudios@gmail.com](mailto:prodigydancestudios@gmail.com) for a place!**

