

MEDIA RELEASE

Wednesday 12 March 2014

Free community dance workshops for Brimbank during March

VicHealth, Big West Festival's Dance Republic project and Brimbank City Council will host public dance workshops with professional choreographers in Sunshine during March.

In a fusion of traditional, urban and social dance, these workshops are as eclectic as Brimbank itself and designed to get residents of all ages and abilities moving while learning new skills and having a metric tonne of fun.

The workshops will culminate with a performance featuring workshop participants at MaDE in Brimbank 2014 on Sunday 23rd March in Sunshine in which the audience will be encouraged to join in and dance. MaDE in Brimbank is a new music and dance event (abbreviated to MaDE).

VicHealth CEO Jerril Rechter, a former choreographer herself, said VicHealth was excited to bring dance to Brimbank as part of VicHealth's Motion program – performance and arts participation designed to get people moving.

"Dancing is a wonderfully healthy activity," Ms Rechter said. "As well as helping to get your heart pumping, it gives you opportunities to express yourself, meet new people, be inspired, have fun and feel good about yourself."

Brimbank Council Administrator John Watson said "It's a fun event promoting a great way to get moving, meet new people and have some fun. Anyone is welcome and dance experience is not required."

Dance workshop dates

Date: Saturday 15th and 22nd March

Time: 2.30pm-4.30pm

Venue: Visy Cares Hub, 80B Harvester Rd Sunshine (behind the Sunshine library)

Performance

A public performance with dance workshop participants will take place at the MaDE in Brimbank 2014 festival on Sunday 23rd March in Clarke St Sunshine, from 4.15pm – 4.45pm in front of the Youth Stage. This performance will encourage audience participation.

For more information

Phone 9249 4604 or email emmap@brimbank.vic.gov.au or

Facebook search: Hunt Club Community Arts