DANCE TO MAKE BREAKTHROUGHS POSSIBLE

Dust off your dancing shoes to power vital dementia research

Charity numbers 1077089 & SC042474
What is Dance to Make Breakthroughs Possible?

Whether you prefer to boogie or breakdance, get your colleagues together for a fun way to raise money for Alzheimer’s Research UK.

Find your style

There are lots of great dance styles that anyone can get involved with - here are a few ideas:

• Zumba
• Line Dancing
• Macarena
• Belly Dancing
• Salsa

Find out if any of your colleagues are secret zumba instructors or have other dance-based hobbies and would be willing to take the lead.

Flashdance

Why not organise your dance in a ‘flashmob’ style and encourage passers-by to join in or donate? Don’t forget to request permission from your local authority first.

If you’d prefer to hold your dance indoors, find out if your office has any large open areas, or approach a local gym and see if they’ll let you use their studio for free.

Use the poster included in this pack to let everyone know when you are holding your Dance to Make Breakthroughs Possible and where they need to meet to get their groove on!

Get fundraising

Ask your colleagues to donate £1 to dance, or volunteer as bucket collectors when your Dance to Make Breakthroughs Possible takes place.

You can order Alzheimer’s Research UK collection buckets, balloons and banners at www.alzheimersresearchuk.org/corporate-resources/order-materials-online.
DANCE TO MAKE BREAKTHROUGHS POSSIBLE

Date:

Time:

Your boogie organiser:

Location:

Tweet your pictures to @ARUKnews with #ARUKdance

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