



**DANCE**

HEALTH ALLIANCE

**SPEAKER'S  
BROCHURE**

**EMPOWERING  
PEOPLE TO FIND  
THEIR FREEDOM  
THROUGH  
MOVEMENT**

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# ABOUT THE DANCE HEALTH ALLIANCE



The **Dance Health Alliance™ (DHA)** is an Australian based charity, inspired by the personal experience of **Andrew Greenwood**, former house ballet master in the Netherlands. Following the diagnosis of one of Andrew's closest friends with Parkinson's Disease, Andrew became aware of the lack of facilities and support for dancers. It also highlighted how important dance could be to improve the life and health of those with other degenerative diseases. Together with former professional ballerina, **Gwen Korebrits**, they launched Dance for Health in Australia in 2015. After successfully growing a calendar of classes, Gwen registered as a charity, appointed a board, expanded Andrew's original vision and the **Dance Health Alliance™** was born.

Dance is an inclusive, social activity that functions holistically: on a physical, mental and emotional level. Through different classes, the **Dance Health Alliance™** works on the philosophy that people can be empowered to find their physical freedom through movement;

These classes are specifically designed for people living with all types of Dementia and their carers.

Are specific community classes for people living with movement restrictions. For example, these are most beneficial for those with MS, Parkinson's or Arthritis.

Aimed at retirees, these are community classes which are fun active based dance sessions.

# THE SPEAKER



**Gwen Korebrits** started dancing at the age of 3. She attended the prestigious dance and stage school Bush Davies School of Theatre Arts, in the UK, where she was a member of the Bush Davies Dance Company, appearing in many productions including Sleeping Beauty, Coppélia, Peter Pan and The Wizard of Oz!

Gwen has always had a passion for seeing people reach their full potential, especially channeling that potential through dance. Gwen has seen first hand the rejuvenating power of dance, when her father suffered a stroke at the age of 45. She had no preconceived ideas of rehabilitation but knew she wanted her father returned to full health. She encouraged him to sing dance and recite poetry, and slowly step by step, verse by verse his brain began to repair its self, and within 12 months he was back to normal except for a small limp.

That was the start for Gwen journey to discover the marriage between dance and health. Gwen developed a dance/movement program for the elderly which she promoted over 16 years on Sydney's upper North Shore. The program was specifically designed to help with coordination, balance, and movement.

Gwen was approached by Andrew Greenwood, co-founder of Dance Health Alliance and movement methodologist to contribute her knowledge in creating the Dancewell program targeting people living with Multiple Sclerosis. Gwen studied in Holland with a dedicated team and together with Andrew launched the successful program in Australia. After successfully growing a calendar of community classes and care home classes Gwen developed the programme known as Dancewise, targeting people living with dementia. Along with creating a unique training programme for Allied Health Care professional. Gwen now trains Care Home Staff all over Australia, how to facilitate the Dancewise programme in their own Care Facilities.

**'We want to cultivate a new way of looking at health issues! If we could bottle the effects that dance has on our bodies, minds, and brains.. it would be the new wonder drug!'**

# TOPICS

## WHY DANCE?



**Key Themes:** How a movement programme like DHA is vital to keep the balance of mind, body and social activities.

**Target Audience:** Allied Health Carers, Diversional Therapists, Social groups.

The **Dance Health Alliance™ (DHA)** upholds that dance in all its multi-facets has a significant role to play in the health and wellness of individuals, communities and the general public. Dance is an inclusive, social activity that functions holistically: on a physical, mental and emotional level to engage individuals of all ages in life-giving activity, improving general levels of health, immune function, brain health, neuroplasticity, confidence and social integration.

Recent research now positions dance ahead of other physical activity in terms of its impact. Documented global benefits range from enhancing brain-body reaction time, coordination, fall prevention, agility, balance to influencing endocrine-psychological states such as confidence and risk taking. It also has a calming effect on the immune system, the root of many of today's chronic health challenges, and has transformative power to promote new brain synapse connections and cognitive reserve (resistance to future damage to the brain) at any age, slowing the rate of brain deterioration, the next massive epidemic that Governments and Health sectors are preparing to address.

# BOOKING

## COST

If you are interested in engaging Gwen to speak at your next event, please contact the Dance Health Alliance directly. Speaking fees are not required however a donation to the Dance Health Alliance is greatly appreciated. All donations are tax-deductible as Dance Health Alliance has DGR status.

## TRAVEL AND ACCOMMODATION

Gwen will travel up to 50km each way at her own expense. For further distances, the recommended ATO travel guidelines must be applied. Air travel and accommodation minimum 4-star standard plus airport transfers to and from the accommodation/venue must be included.

## BOOKING

Gwen can be booked directly by contacting: [info@dancehealthalliance.org.au](mailto:info@dancehealthalliance.org.au)



# DONATIONS

**WE WOULD LOVE YOU  
TO BECOME OUR DANCE  
PARTNER!**



**We would love YOU to become our dance partner!**

Let's dance together and change the lives of people who want to groove! 1 in every 5 Australians is diagnosed with a condition that impairs their control over their bodies. This year we are asking for your support to help us get individuals across Australia experiencing the freedom of movement!

The Dance Health Alliance is a Not for Profit Organisation facilitating therapeutic dance classes for people living with chronic cognitive and movement challenges. With your help, we can hire spaces, train teachers and offer subsidised classes to people in desperate need of physical, psychosocial and cognitive wellness.