



This Girl Can Dance

Starting 17th of January 2022

Para Dance UK are proud to be partnering with This Girl Can and will be launching our #ThisGirlCanDance sessions starting week commencing 17th of January 2022.

This Girl Can launched in 2015 and was aimed at encouraging more women to take part in physical activity. The campaign has successfully persuaded nearly 3 million women to get active.

For many women, their fear of taking part in physical activity lies in a fear of being judged and #ThisGirlCan has paved the way over the last 7 years that it doesn't matter what we look like, getting active is how it makes us feel. This is a message that Para Dance UK wholeheartedly support which is why we are so excited to be part of such a brilliant movement.

We would like to ask for your support even if you aren't getting involved, help us to spread the word. Share our posts on social media, tell your network about it and encourage women to come and take part.

You can join at any point during the 10-week sessions and we hope to see many women and girls feeling the benefits that dance can have.

[Register now](#)