

# CATALYST

## **ABC TV seeking volunteer participants aged 65-78 who are keen to dance their way to better health!**

ABC TV's flagship science series, Catalyst is looking to recruit 12 volunteer participants (individuals or couples) aged between 65 – 78 years old to take part in an innovative, 12-week, Dance for Health program in Sydney from mid-September through to late December 2021.

### **What kind of participants are we looking for?**

- Dance experience is not essential, but you must have a sense of rhythm and a desire to learn. Beginners welcome.
- If you enjoyed dancing in the past but it's fallen by the wayside, we'd love to get you up on the floor again.
- Perhaps you'd like more social contact, or are keen to improve your balance?
- If your memory could do with a workout and you fancy learning a routine, please get in touch.
- You must be able to commit to attending rehearsals of 60 to 90 minutes every week for 12 weeks through September and December 2021.
- You live within easy reach of Sydney's CBD for rehearsals.
- You must be fully vaccinated at the time of filming.

### **About the Program.**

Over the 12 weeks, participants will learn a dance routine under the guidance of one of Australia's most celebrated choreographers.

Dancing is known to improve balance and gait, sharpen cognitive skills and provide social connection and we are partnering with an academic team at the University of New South Wales, who will monitor our dancers from start to finish – looking at measurable improvements that the program will bring.

In the final week, there will be a performance of the dance routine to an audience of friends and family.

If you or someone you know, likes the idea of improving their health and wellness, making friends and are up for a fun challenge then please contact us at [catalyst@abc.net.au](mailto:catalyst@abc.net.au)