

Did you know Scottish Ballet offers innovative dance programmes that can improve health and wellbeing? We are a National Centre for Dance Health and have been creating wellbeing experiences since 2013 — bringing joy across generations in Scotland, the UK and internationally.

Find movement that inspires you:

Neurological Health:

Dance for Parkinson's Scotland, dementia-friendly Time to Dance®, or SB Elevate® for people living with multiple sclerosis. Three evidence-based programmes which combine creativity with targeted exercises to support physical and emotional wellbeing.



Young People:

Safe to Be Me® uses dance to empower young people. Led by our experts, workshops explore identity, empathy, allyship, and inclusion. The Close supports young adults who have faced adversity.



Emotional and physical support:

Health at Hand® resources offer movement-based activities for health professionals to combat physical and emotional stress. Emerge provides specialist support to people living with long Covid.





Photo Credit:
Brian Hartley.

Dance wherever you are:

We offer programmes in studios, online, schools, care homes, health settings and even on doorsteps.

‘The links between the arts and health are long established, not only in creating the environment for good health to flourish, but in supporting people with long term conditions. Scottish Ballet are leading exponents of this approach, and I am immensely proud to be attending and supporting Healing Arts Scotland week to learn more about how we can make the most of this fantastic opportunity to improve people’s health and wellbeing.’ *Scotland’s Chief Medical Officer Sir Gregor Smith*

‘As a total non-dancer, SB Elevate® has opened my mind and confidence to enjoy dancing. I feel that my body is responding so well to the different moves and my brain is challenged to embrace the instruction.’ *SB Elevate® participant*

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Ready to start your dance journey?
Scan the QR code or visit
scottishballet.co.uk/sb-health

 **Scottish Government**
Riaghaltas na h-Alba

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