



MEDIA RELEASE

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Free hip hop workshop for all ages

Bringing people together through hip hop dance, is the focus of a free community dance workshop in Bunbury on Wednesday, 7th September.

National dance company [Indigenous Hip Hop Projects \(IHHP\)](#), caused a stir during their visit to Bunbury in March last year, and South West Aboriginal Medical Service (SWAMS) Health Promotion Officer Nat Jetta expects this visit to be the same.

Held at the South West Sports Centre, in Bunbury, from 3.30pm until 5.30pm, Ms Jetta said the event was for everyone.

She said one of the group's tours last year attracted over 800 people, of all ages and nationalities.

"This year's workshop is all about motivating people to be inspired, dance, discover ways to look after your mental health, feel good, and how to be there for your mates," Ms Jetta said.

"Participants will have the chance to hear from the dancers on how they strive for a healthy lifestyle both physically and mentally."

Last year, SWAMS worked with IHHP to produce music videos and also a dance documentary.

Ms Jetta said the videos had creative input from local school children and SWAMS staff, and she encouraged people to take a peek on YouTube (["IHHP – Bunbury Spirit"](#) and ["IHHP – Bunbury Dance Documentary"](#)).

"From the feedback we received from these workshops held for the past two years, and those involved with the videos, people of all ages have been inspired by the work IHHP has done and SWAMS is excited to be part this once again," Ms Jetta said.

IHHP Director Michael Farah said the group had absolutely loved its last tours in the Bunbury region and couldn't wait to come back.

“Our crew were completely inspired by the elders, youth, schools and the community as a whole with their overwhelming support and participation in our programs,” Mr Farah said.

“No doubt the crew (members) are going to bring their A-game to deliver high energy, professional and fun interactive workshops with strong health messages.”

“We're coming for you Bunbury.”

For more information contact SWAMS' Nat Jetta at Natalie.jetta@swams.com.au or on (08) 9791 1166.



Photo caption (SWAMS IHHP 260816): Indigenous Hip Hop Projects dance crew members work the crowd at their visit to Bunbury last March. Members of the group will host a free dance workshop on Wednesday, 7th September in Bunbury.

For media enquiries please contact SWAMS Public Relations Officer Tahnia Creedon on (08) 9791 1166.