



MOVEMENT & MUSIC SERIES

Explore the enjoyable, stimulating and creative ways to move to music

DANCING: Develops flexibility & instills confidence • Stimulates mental activity that connects mind to body • Focuses eyes, ears & touch to assist balance • Increases awareness of where the body is in space

DATE AND TIME

- 6 Week Series: March 11 - April 15, Monday, 3:30 - 5:00 p.m., Studio 1

DETAILS

- Taught by Ruth Davidson Hahn, professional teacher, choreographer, dancer and Stanley J. Wertheimer Fellow specially trained in the Dance for PD® (Parkinson's Disease) method
- Classes are fun! Social and nonintimidating atmosphere
- Learn several kinds of dance during each class
- Energizing music helps you learn the movements with ease
- Open to everyone regardless of mobility & builds confidence in movement ability
- Cost: \$25 Member / \$45 Guest

FOR MORE INFORMATION

Contact Samantha Kelly | 402.413.4012 | skelly@madonna.org

SIGN UP AT FRONT DESK

Limited space | Registration is for full series