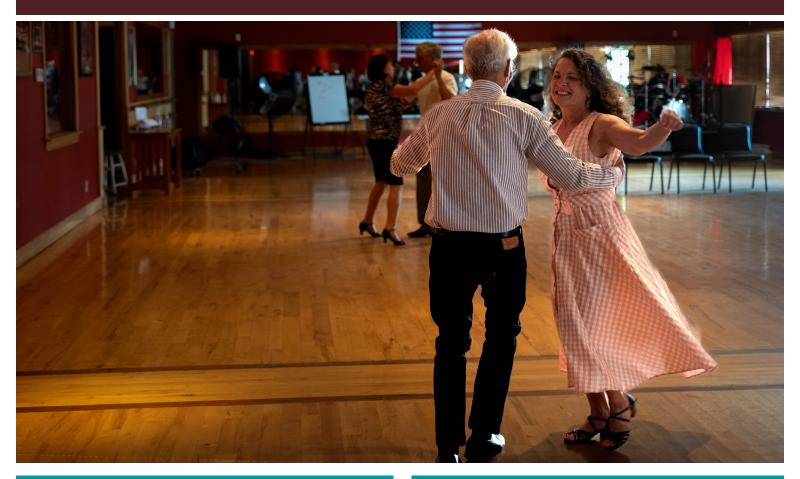
DANCING TO REMEMBER



WHAT:

A 4-week series providing an opportunity for individuals with dementia at any stage alongside their care partners to connect through ballroom dancing.

A-Marika Dance Company's owner (Mary Ramirez Cook) will lead duos through guided ballroom dance lessons.

TO REGISTER:

Contact Shannon Braun at sbraun@erslife.org or 513-979-2302

DATES & TIMES:

4 Weeks, Tuesdays June 6, 13, 20, & 27

10:30-11:30 a.m.

LOCATION:

A-Marika Dance Company 10831 Sharondale Road Cincinnati, Ohio 45241

WHAT ARE THE BENEFITS?

- 1) Improves Overall Physical Condition
- 2) Reduces Risk for Falls Due to Weakness and Imbalance
- 3) **Encourages Sociability**
- 4) Reduces Stress and Anxiety
- 5) IT'S FUN!!!





Sponsored by:

Episcopal Retirement Services
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In partnership with:



A-MARIKA DANCE COMPANY

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