

# 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](mailto: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:



## In partnership with:



**A-MARIKA DANCE COMPANY**

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