

DANCING TO REMEMBER



WHAT:

A 6-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:

Thursdays
Oct. 27 - Dec. 8, 2022

(No class on Thanksgiving, Nov. 24)

11 a.m. - Noon

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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