

DANCING TOGETHER

A seated dance and movement class for people with memory loss and their families



1-2 p.m.

Wednesday, January 24

Enjoy moving your body to music! Dancing Together is a seated dance class for people with memory loss and their families. The class incorporates classical dance elements and playful movements to spark creativity and joy. Throughout the class, we'll move together to music, exploring different dance styles and having fun with familiar songs. Based on adaptive dance programs for people with cognitive impairment developed by Canada's National Ballet School, Dancing Together is also appropriate for people who require assistive mobility devices such as canes, walkers and wheelchairs. A free class; no dance experience necessary! Offered by Julia Becke, MD.

The Memory Hub | 1021 Columbia St, Seattle.
Free parking available.

Sign Up by 1/23: www.tinyurl.com/MemoryHubDance OR
contact mbecker1@uw.edu, 206.543.2440