

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.

WHAT ARE THE BENEFITS:

- Improve overall physical condition
- Reduces risk for falls due to weakness and imbalance
- Encourages sociability
- Reduces stress and anxiety
- IT'S FUN!!!

DATES & TIMES:

**4 Weeks, Mondays
November 3, 10, 17, & 24**

11:30 a.m. - 12:30 p.m.

LOCATION:

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

TO REGISTER:

Contact Sarah Shaffer at
sshaffer@erslife.org or
513.979.2312

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