

# CB MOVES FOR THE MIND

AT THE  
CINCINNATI  
BALLET



**CB MOVES FOR THE MIND** programs are a comfortable gathering that allow people living with dementia and their care partners to socialize and engage in activities in a safe, welcoming environment.



A 45-minute class at Cincinnati Ballet's Margaret & Michael Valentine Center for Dance for those with dementia and a care partners with a focus on artistry and interpersonal connection. Dance exercises will be led by a skilled CB Moves teacher. You'll be guided through somatic and creative exercises to explore dance concepts and your own creativity. Dancers can move at their own pace and will experience physical benefits secondary to our primary objective: experiencing the joy of movement and dance with others.

**Free and welcoming to all.** Reserve your spots by emailing Sarah Shaffer at [sshaffer@erslife.org](mailto:sshaffer@erslife.org), or call 513.979.2312.

**WHEN:** Last Wednesday of the month (except Nov.)

**WHERE:** Cincinnati Ballet,  
1801 Gilbert Ave,  
Cincinnati, OH 45202

**TIME:** 11:00 a.m.

**August 27 | September 24 | October 29 | November 19 | December 17**

Presented by



[TheERSCenter.org](http://TheERSCenter.org)

In partnership with



[cballet.org](http://cballet.org)