

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, or call 513.979.2312.

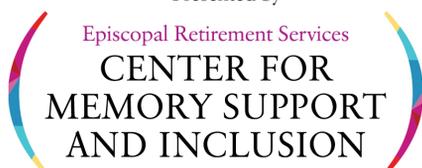
WHEN: The 4th Wednesday of each month or the 4th Friday of each month

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

TIME: 11:00 a.m.

Wednesdays - January 28 | February 25 | March 25 | April 22 | May 27
Fridays - January 23 | February 27 | March 27 | April 24 | May 22

Presented by



TheERSCenter.org

In partnership with



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