

Dance for Well-Being (Online)

A free program for seniors and their family and friend caregivers

- ▶ Sessions will offer seniors a space to gather, move together and express themselves through dance.
- ▶ Sessions include a warm-up, movement/dance activities with seated and standing Options.
- ▶ Join this fun series to learn a new way to promote wellness and feel connected to your community.

Fridays- 2:30-3:45 PM

April 1st

April 8th

April 22nd

April 29th

Zoom Invitation will be provided upon RSVP to faryar@bbyseniors.ca

or

604-375-5778

