

REACH FOR IT: A FREE PROGRAM OF DANCE FOR ELDERS AND PERSONS WITH PARKINSON'S



Funded by Xandi Johnson Memorial Foundation,
UNO's College of Education and The Moving Company

2017 Spring Session at New Cassel Retirement Center

900 N. 90th St. Omaha, NE 68114

Fridays: **March 24th - May 26th 3:30pm-4:30pm**

**Call UNO at 402-554-2670 or e-mail Danielle Laurion @
dlaurion@hotmail.com Space is limited.**

Participants will exercise and have fun using the fluidity of dance to work on balance, strength, movement, and coordination. This class will integrate multiple styles of dance and [live] music to engage the mind and body. *Reach for It* combines the easy-going interaction of a group with movement tailored to the individual participant's level of mobility. Individualized support is provided through collaboration with the UNO chapter of the National Student Speech Language Hearing Association (UNO NSSLHA).

10-week session is FREE!

Family, friends and caregivers are encouraged to accompany participants in movements. Director & Lead Teacher, Danielle Laurion, MA, R-DMT, GLCMA, PLMHP is a dancer, educator, dance/movement therapist and choreographer in the Omaha area. Her specialty lies in working with different specialized populations to integrate the mind and body through movement.

The University of Nebraska at Omaha is an
equal opportunity educator and employer
with a comprehensive plan for diversity.

Nebraska
Omaha



COLLEGE OF EDUCATION

**NEW CASSEL
RETIREMENT CENTER**