

Sharing Dance Seniors - At Home *Pilot*

Dance your way through the summer – at home!

Baycrest and Canada's National Ballet School (NBS) are offering a free six-week dance course as a pilot this summer, which can be accessed from your home or wherever you are.



Why dance?

Through its artistry and physicality, dance supports overall physical, emotional and social wellbeing. Regular dancing also helps develop skills and confidence, while enriching your day-to-day life through creative expression.

Classes will be:

- Taught by NBS' professional dance teachers
- Accompanied by a live musician
- Danced entirely from a seated position
- Comprised of a variety of movement options
- Physically and artistically engaging

Developed by Baycrest and NBS, industry leaders in geriatric care and dance training, this set of classes is designed to be accessible for older adults with varying physical and cognitive abilities.

Course begins: **July 20, 2020**

Course duration: **6 weeks**

New classes are available every week and accessible at your convenience.

Length of each class: **Approx. 20 minutes**

Cost: **FREE during this pilot phase**

Register now:
nbs-enb.ca/sharingdanceseniors

Questions? Contact:
sharingdance@nbs-enb.ca

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