

DANCING THROUGH LIFE

MAY 16, 11AM-12PM

BOWDOINHAM TOWN HALL



**TAUGHT BY LAURA KARLIN,
A BOWDOINHAM RESIDENT
WITH 20 YEARS EXPERIENCE AS A
TEACHING ARTIST**



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Dance for everybody and every body.

Physical benefits: strength, mobility, balance, cognitive flexibility
(I didn't make these up, there are so many studies)

Emotional benefits: joy, creativity, we'll definitely laugh together

Community benefits: dancing together makes life more fun.
Also I'm bringing cookies

The first half of the class is seated and the second half is standing (with equally engaging, valid options for those who remain seated).

Dancing Through Life is a vibrant, community-centered class that brings the joy, artistry, and holistic benefits of dance to anyone, especially seniors and their care partners and family members. It incorporates neuro-specialized strategies into a dance class that boosts cognitive care and mitigates physical symptoms of aging through creative & evidence-based practices.