

FREE DANCE CLASSES *for* ALL SENIORS!

AS
FEATURED
ON

**Global
NEWS**



**JOIN US
7 days a
WEEK**

DWP is proud to offer **FREE live dance classes on Zoom for ALL seniors, seven days a week.**

Dancing is a great form of exercise that provides cognitive, physical and emotional benefits.

Dance with us to stay **connected** and **engaged** while making new friends along the way!

This 20 minute class is designed to be safe, fun, and beneficial for ALL seniors.

All levels of mobility and ability are welcome.

No dance experience required!



**11 AM
EST**

CLASSES ARE MADE POSSIBLE THANKS TO THE GENEROSITY OF:



Funded by the Government of
Canada's New Horizons for
Seniors Program



FREE REGISTRATION AT WWW.DANCINGWITHPARKINSONS.COM