

# dance

## MOVES *for* everyBODY

For everyBODY with Parkinson's, mobility challenges, and all seniors

Presented by DONNA MICELI DANCE and the LOWELL SENIOR CENTER



## COME DANCE WITH US!

We offer a hybrid (in-person or on Zoom) class specially designed to make dance accessible to all SENIORS, People with Parkinson's, and individuals with mobility challenges. Care partners are also invited to join in.

### All levels of mobility are welcomed!

Seated or standing options are offered for each exercise.

**NO DANCE EXPERIENCE IS NECESSARY**

## JOIN US ANY TIME!

Every Thursday

from: **MARCH 9**

to: **APRIL 13**

**10:30 AM - 11:30 AM**

### PRE-REGISTRATION ADVISED:

**IN-PERSON:** by calling the LOWELL SENIOR CENTER  
at (978)674-4131

**FOR ZOOM REGISTRATION:** email Donna Miceli at  
miceli.dmdc@gmail.com

**OR** register by clicking this link [here](#)

\*[Click here](#) to sign up for a free zoom account on your computer, smartphone, or tablet.



**Classes are Free or by Donation**

**YOU BELONG HERE....CELEBRATE the MOVEMENT, the MUSIC, the DANCE!**

This program is supported in part by a grant from the Lowell Cultural Council