

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 **MAR. 10 to APR. 14**

11 AM - 12:15 PM

PRE-REGISTRATION ADVISED:

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

ON ZOOM: by emailing Donna Miceli at
miceli.dmdce@gmail.com

Note: You must complete this [registration form](#) before
your first Zoom class in order to formally register

*[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!

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