

Adapted Ballet

SPECIALLY DESIGNED FOR ALZHEIMER'S OR DEMENTIA

ENGAGE *the* ARTS 2020

SEE IT. HEAR IT. FEEL IT.

\$50/10 WEEKS

TO REGISTER, CALL: 780-448-2413

EMAIL: CCFOUNDATION@CAPITALCARE.NET

GRANT SUPPORT BY



SUPPORTING PARTNER



CAPITALCAREFOUNDATION.NET

BALLET EDMONTON IS PLEASED TO OFFER

our specially designed movement classes for seniors, focusing on activities designed to improve balance, increase range of movement, prevent injury, and manage symptoms associated with age-related illnesses.

In alignment with National Ballet School of Canada, Citie Ballet offers a safe and accessible adapted (seated) movement program for seniors to support them in their health and wellness goals.



CapitalCare Lynnwood

8740 165 St NW, Edmonton, AB

WEDNESDAYS

2pm

FEB 5 thru APRIL 15, 2020

**Dates and times
are subject to change*

CapitalCare Strathcona

12 Brower Dr, Sherwood Park, AB

FRIDAYS

1:45pm

FEB 28 thru MAY 22, 2020

“Dance is not just for the young, it can and should be enjoyed throughout one’s life!”

Classes will be 45 minutes in a sensory friendly environment followed by coffee and a meet-and-greet.