



Intro to MOVEMENT & DANCE



In partnership with U of M's Ballet Bridges, DNWML is proud to offer inclusive adaptive dance class that uses movement and dance to support balance, coordination, strength, and range of motion. **No prior dance experience is required.** Participants will explore movement at their own pace, in a welcoming and supportive environment.

No registration needed: drop-ins welcome!

Every other Thursday @ 9:30-10:30am

10/8 • 10/22 • 11/5 • 11/19 • 12/3

Disability Network Washtenaw Office
3941 Research Park Dr., Ann Arbor

Contact **Claire**: claire@dnwml.org
or visit balletbridges.com

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