

# Gentle Moves



A DANCE CLASS for those with PARKINSON'S DISEASE,  
CHRONIC PAIN, MOBILITY CHALLENGES,  
EARLY STAGE DEMENTIA OR ACQUIRED BRAIN INJURY.

## ORILLIA FALL CLASSES

Open to men and women of all ages  
Caregivers attend FREE

Tuesdays (8 weeks)  
Sept. 24 - Nov. 12  
10:00 - 11:30 am

Thursdays (8 weeks)  
Sept. 26 - Nov. 14  
10:00 - 11:30 am

Location: Waterfront Centre, 50 Centennial Drive

### COMPLIMENTARY CLASS!

Tuesday, September 17 - 10:00 - 11:30 am

#### FEES:

Once a week \$78.00 (\$58.50 w/seniors discount)  
Twice a week \$132.00 (\$99.00 w/seniors discount)

Recommended by general practioners, neurologists & physiotherapists

Register or learn more at: [www.whatdancecando.ca](http://www.whatdancecando.ca)  
Phone: 705 716 5669 email: [whatdancecando@gmail.com](mailto:whatdancecando@gmail.com)