

BETTER BALANCE THROUGH GROUNDING & BODY AWARENESS

Join Carol Marcy, MA in Dance/Movement Therapy
for a FREE 4 week series on improving your balance

MONDAYS, JULY 15TH - AUGUST 5TH

1:00—2:00

BREWSTER COUNCIL ON AGING

1673 MAIN STREET

This program offers both exercises and meditations geared towards improving balance through developing the ability to become grounded through increased mindfulness and awareness about one's body, resulting in increased confidence in walking and moving.

To Register, please call the COA at
508-896-2737