

LIFE
CENTER STAGE



syzygy
DANCE PROJECT

***Bodies in Motion:
Taming the Pain through Movement
IN-PERSON Workshop with Sylvie Minot!!
Thursday, November 17th, 11a.m. -12 p.m.
Rockaway Township Senior Center
19 Mount Hope Road
Rockaway, NJ***



Join us for a special in-person workshop which teaches how to remove tension and pain through music and movement. This program is geared toward adults ages 60+, caregivers, and those living with chronic pain. No experience is necessary, and any level of ability can participate. Come join in the fun!

***Refreshments will be served and giveaways will be available!
Registration is FREE! Go to
<http://weblink.donorperfect.com/seniorsinmotion>***

Questions? Contact Beth Jacobson at (973)686-2242

Tame the Pain is funded by a grant from the New Jersey Department of Human Services