

LIFE
CENTER STAGE



syzygy
DANCE PROJECT

Bodies in Motion: Taming the Pain through Movement
VIRTUAL Series
Thursdays at 1 p.m.
November 3rd and 10th; December 1st, 8th and 15th



NewBridge Services Tame the Pain program, in collaboration with Life Center Stage and Syzygy Dance Project are proud to present Bodies in Motion!

Join us via ZOOM for a movement class which teaches how to remove tension and pain as you explore the power of rhythm through music and movement. The class begins by warming up your body and loosening your joints. As you get more comfortable you will find that your dance gets bigger and more free, increasing movement, relieving tension, and easing pain. 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.

Each attendee who participates will receive a gift card!

Registration is FREE! Go to

<http://weblink.donorperfect.com/seniorsinmotion>

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

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