



DANCING TO REMEMBER

A 3-week series (with a celebratory Saturday showcase to conclude) providing an opportunity for individuals with dementia at any stage alongside their care partners to connect through ballroom dancing.

A-Marika Dance Company's owner (Mary Ramirez Cook) will lead duos through guided ballroom dance lessons.

DATES & TIMES:

Wednesdays

June 8, 15, & 22

11:00 a.m. - noon

**Celebratory Saturday Showcase
for friends/family**

June 25

11:00 a.m. - 1:00 p.m.

LOCATION:

A-Marika Dance Company

10831 Sharondale Road

Cincinnati, Ohio 45241

WHAT ARE THE BENEFITS?

- 1) Improves Overall Physical Condition
- 2) Reduces Risk for Falls Due to Weakness and Imbalance
- 3) Encourages Sociability
- 4) Reduces Stress and Anxiety
- 5) IT'S FUN!!!



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Episcopal Retirement Services
**CENTER FOR
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In partnership with:

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A-MARIKA DANCE COMPANY

To register:

Contact Shannon Braun at
sbraun@erslife.org