



new yorkers for dance.

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January 29 - May 16, 2019

Dance Therapy for Individuals with Alzheimer's or Dementia

Company: 92Y Harkness Dance Center

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Location: New York, NY

Wellness in Motion: Dance Therapy for Individuals with Alzheimer's or Dementia

NYU Family Support Program and 92 Street Y Collaboration

Using dance therapy principles and expressive movement to engage, inspire and uplift individuals with Alzheimer's or dementia and their caregivers. Movement experiences are provided on chairs as well as through ambulatory explorations. Each class is developed through improvisation and tailored to the needs of the participants, and a wide variety of music is used to provide rhythmic support and enjoyment. Verbalization is encouraged.

For individuals with Alzheimer's or dementia and their caregivers

Starts, Tue, Jan 29, 10:30-11:30 am (15 sessions)

Starts, Thu, Jan 31, 11 am-12 pm (15 sessions)

Movement activities sensitive to the needs and abilities of those present and to elicit self-expression, memories, liveliness, and increased socialization. Focusing on strengths, the therapist creates interactions and a safe space that builds self-esteem for the joint enhancement of all participants. The use of the breath, rhythm, music, and dance will develop ease in everyday activities, and also will improve physical stability and balance.

For more information or to register for these two classes call 646.754.2277 or email family.support@nyumc.org. NYU Langone Family Support Program.

92Y Harkness Dance Center

1395 Lexington Avenue

New York, NY, 10128

2124155555

<https://www.92y.org/soa/dance/dance-therapy-training/wellness-in-motion.aspx>

Schedule

January 29, 2019: 10:30am

January 31, 2019: 11:00am

February 5, 2019: 10:30am

February 7, 2019: 11:00am

February 12, 2019: 10:30am

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