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Wednesday, January 2, 2019

Moving for Life-Donation based Gentle Aerobics Class

Company: Moving for Life / Studio 55C

Venue: Studio 55C

Location: New York , NY

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MOVING FOR LIFE DanceExercise for Health[®] is dedicated to helping people challenged by cancer and aging, through free and low-cost dance exercise classes offered at hospitals, health and wellness centers, libraries and other community-based sites. Our methods are supported by research that confirms engagement in therapeutic dance improves quality of life, speeds up recovery time, enhances survivorship, and reduces the chances of recurrence.

Wed, January 2nd, 5pm – 6pm

Studio 55 C, South Storefront, 55 Avenue C, New York, NY 10009, USA

Free/donation based (\$10 suggested) and open to all.

Location Details: 55 Ave C between 4th and 5th. For more info, contact us at 212.222.1351 or info@movingforlife.org. To subscribe to our e-newsletter or class updates, go to: www.movingforlife.org.

Moving for Life / Studio 55C
55 Avenue C
New York , NY, 10009
410-599-3343

Schedule
January 2, 2019: 5:00pm

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Contact

info@dance.nyc 212-966-4452 218 East 18th Street, Ground Floor, NY, NY 10003-3694

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