

# EVERY BODY MOVES

*Every Body Moves is a sequential creative movement program for older adults to support brain health through social engagement, physical activity and creative expression.*

*The program is offered virtually with accommodations for seated and standing activities so all can participate safely.*

*No prior dance experience required.*

*All are welcome!*

**August 18 – October 20**

**Wednesdays, 10–11 a.m. Pacific Time** on Zoom  
To register and learn more, contact Rachel at [Rachel.Kiekhofer@ucsf.edu](mailto:Rachel.Kiekhofer@ucsf.edu) or 310.487.2843.

Meet our team:



**Lead Instructor:**  
Magda Kaczmarek,  
dancer, teaching artist  
& Atlantic Fellow for  
Equity in Brain Health



**Creative Minds  
Director:**  
Gloria Aguirre,  
UCSF MAC



**Co-facilitator/  
Outreach Support:**  
Rachel Kiekhofer,  
UCSF MAC

August 2021

MON	TUE	WED	THU	FRI	SAT	SUN
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

September 2021

MON	TUE	WED	THU	FRI	SAT	SUN
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20	21	22	23	24	25	26
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October 2021

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
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