**DanceStream Projects and Queens Community House Social Adult Day Services** 

PRESENT

## brain SALON health SALON Dance, Creativity, and the Brain



## ONLINE

Monday, August 29 1:30-2:30 PM

## OPEN EVENT All are welcome!

Queens Community House Strengthening Neighborhoods *Inspiring Change* 

## **Social Adult Day Services**

Queens Community House Social Adult Day Services and DanceStream Projects invite you to this **free public event to raise awareness about brain health!** 

Join Magda Kaczmarska, dancer, creative aging teaching artist and Atlantic Fellow for Equity in Brain Health for an hour of exploration and discussion of how as we age, dance, movement and creativity help make us stronger, more adaptive & engaged in the world around us. This event will include an interactive presentation. We will discover the science behind how dance supports brain health and try out some activities we can all do that sharpen our brain at any point in our lives.

All are welcome! We will move together, so wear something comfortable. All activities can be done seated or standing.

To register click the "JOIN US" button Questions? Email magda@dancestreamprojects.com



www.dancestreamprojects.com | 917.336.9018

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JOIN

US!

QUEENS Council on The Arts

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