

P R E S E N T

brain 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 Kaczmarzka**, 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

JOIN
US!