

GREAT FALLS

Assisted Living

Managed
by



ARTIS
SENIOR LIVING
Your Partner in Memory Care™



Musical Movement: The Art of Dance Flow

Presented by Melanie Edwards, an award-winning singer, songwriter, pianist, violinist and music practitioner. Melanie is certified in Mental Health First Aid USA by the National Council for Community Behavioral Healthcare. She has 28 years of experience as a performing artist and expressive musical healer with several partner charities and organizations, including National Theatre DC and Smith Center for Healing and the Arts. She recently started a healing arts business providing "Musical Mending" workshops and services to nursing homes, Assisted Living communities, hospices, hospitals, and many underprivileged communities.



This Musical Mending Workshop uses the art form of movement, dance, and light physical activity to promote cognitive stimulation, community interaction, and social engagement. This class supports energy flow via movement mobility, which is integral for health and

maintaining flexibility, is socially fulfilling, and provides connection in a nonverbal way.

Participants will be led through a series of soft warm-ups, integrated singalongs, in conjunction with rhythm and dance moves that incorporate various styles, from dance movement therapy techniques to classics like modern and ballet. No prior dance experience is needed and the class is taught with chairs in a circle for an opportunity to be communal, have fun, and explore movement creativity in an encouraging environment.

RSVP by Wednesday, August 24th

Join us for this FREE Community Event

Thursday, August 25th

4:00 - 5:00 p.m.

Being Held at:

Great Falls Assisted Living

1121 Reston Ave., Herndon, VA 20170

To RSVP

571-267-1707

TheArtisWay.com/GreatFallsEvents

M.E.L.

