

# 'Feeling Right' Creative Dance Workshop with Kristen Duffy Young

Tuesday, March 10th, 10am-12pm

Tuesday, March 24th, 10am-12pm

Tuesday, April 7th, 10am-12pm



**We invite older adults (60+) to participate in a series of three free creative dance community workshops, where you will use the body as a tool of self-expressive communication.**

*Creative Dance is a form of contemporary, expressive movement that focuses on creativity and self-expression in community. It encourages individuals of all ages and abilities to explore movement through improvisation, imagination and emotion, using the body as a tool for communication.*

**Cambridge Senior Center**  
806 Mass. Ave / 617-349-6220

