

Brain Health Dance Social

Dance, Science, Creativity and Community



You're invited to an afternoon of dance, movement, and storytelling connecting brain health and community! Join dancer, creative aging teaching artist, and Atlantic Fellow for Equity in Brain Health, Magda Kaczmarek, for an afternoon exploring the connection of science and dance.

On September 21, World Alzheimer's Awareness Day, we will learn some of the science behind how dance, movement and creativity make us stronger, more adaptive, and engaged in the world around us.

The session will finish with a dance class where we'll explore the many ways to share our stories through words and movement. Designed by Kaczmarek, the class is evidence-informed and applies the research connecting dance and brain health while applying fitness recommendations for older adults, creating a safe and fun space for creativity and community.

No prior dance experience required. All are welcome. Dance activities can be done seated or standing.

Thursday, September 21, 2023

14Y Theater, 344 East 14th Street

1:30 - 3:00pm

Register for free here: braindancesocial.eventbrite.com



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