



DANCE FOR LIFE

Heart of Dance

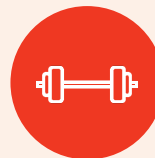
Welcome to Dance for Life, a senior wellness program by Heart of Dance for active seniors, ambulatory memory-care elders, and their caregivers. Dance for Life weaves together music, storytelling, and partner dance to focus on four key areas:

- Building physical strength and flexibility
- Improving balance to reduce the risk of falls
- Expanding social connections
- Increasing cognitive focus to delay or diminish the effects of dementia

“Dance for Life has been pure joy. The combination of music and movement is helpful for my physical body, my mental activity, and social interaction.”

Val, Dance for Life participant

We're building...



BODY



BRAIN



BALANCE

B2 Track (Brain and Balance)

For ambulatory memory-care elders and their caregivers, with an emphasis on balance and step memory

B3 Track (Body, Brain, and Balance)

For active seniors, with a focus on partner dance's physical and social aspects





RESEARCH

**Frequent social dancing
reduces dementia risk by**



Albert Einstein College of Medicine

As a cognitive and physical practice, Dance for Life is more than a dance class. It's a wellness program.

According to a study from the New England Journal of Medicine, ballroom dancing at least twice a week made people less likely to develop dementia. Out of the leisure activities examined in the study — from tennis to crossword puzzles — they found frequent dancing scored the highest in risk reduction for dementia, including Alzheimer's.

“Dancing integrates several brain functions at once — kinesthetic, rational, musical, and emotional — further increasing your neural connectivity.”

Richard Powers, Stanford University Dance Division



“Dance for Life has been a blessing for me. As a 69-year-old stroke survivor there are many residual effects that my body has had to adjust to in day-to-day life. Being in Dance for Life has challenged every one of those; my balance, coordination, memory and recall, stamina, and more! Thank you, Heart of Dance. This program was right on time for me!”

Shirley, Dance for Life participant

PROGRAM DETAILS

10
WEEKS

TWICE
per week

7
DANCES

Waltz
Swing
& More

Frequent and consistent partner dancing is key to reaping all its wellness benefits!

No partner is necessary! Everybody dances with everybody to engage participants in meaningful social interaction. Dance for Life concludes with a community social dance open to clients, staff, and families that further bridges generational and cultural gaps.

GET IN TOUCH



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