



MEDAFIT

&

Exercise to Health

present

DANCEMOVEMENT.... FITNESS

MOVING TOWARD HEALTH

A DANCE & MOVEMENT CLASS FOR PEOPLE LIVING WITH SERIOUS
AND CHRONIC ILLNESS
(No prior movement experience necessary)

INSTRUCTORS: **DR ILENE SERLIN, PH. D.**

NATIONALLY ACCLAIMED DANCE & MOVEMENT THERAPIST

&

JOY GOTTLIEB MS

SOMATIC MOVEMENT THERAPIST

When: Every Thursday, 10:50 - 11:50 starting Oct. 6, 2011

Where: Five Points Fitness Gym

5651 Paradise Drive, Corte Madera (next to Paradise Foods; 2 min from Mall)

Fee: \$10 per class payable at the door

Registration required – please call Joy (415) 299-2375

