

**To Your Health! Associate Wellness Program and  
Montefiore Healing Arts Invites You To:**

# **5 RHYTHMS**

## **Dance / Movement Class**

5Rhythms is a movement-based practice that offers a unique opportunity for physical and emotional release and healing. It is designed for people of all ages and physical abilities and is a lot of fun. It simply invites you to move freely to the sound and beat of five different rhythms. You don't have to know how to dance or even like to dance—all you have to do is let yourself move.

**MAY 15, 2018\* (TLC ROOM 4 & 5)**

**JUNE 19, 2018**

**JULY 17, 2018**

**AUGUST 21, 2018**

**SEPTEMBER 18, 2018**

**OCTOBER 16, 2018**

**5:15-6:15PM IN THE GRAND HALL!**

**[Tishman Learning Center at Moses Campus]**

(and every third Tuesday of the month, same time, same place)

**You do not need to register to attend. For any question please contact:**

**Tami L. Rivera at [tariver@montefiore.org](mailto:tariver@montefiore.org)/(718) 920-8434**

**Dr. Peter Selwyn at [pselwyn@montefiore.org](mailto:pselwyn@montefiore.org)/(718) 920-8434**



**Montefiore**

**To Your HEALTH!**

Montefiore for a Healthy You