

**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.

NOVEMBER 19, 2019* (CHAM2)

DECEMBER 17, 2019* (CHAM2)

JANUARY 21, 2020

FEBRUARY 18, 2020

MARCH 17, 2020

APRIL 21, 2020

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/(718) 920-8434

Dr. Peter Selwyn at pselwyn@montefiore.org/(718) 920-8434



Montefiore

To Your HEALTH!
Montefiore for a Healthy You