

Anyone Can Dance®
Music & Movement for Elders with Physical Limitations
FACILITATOR'S TRAINING
Thursday, June 15, 2017 12:30—3:30 p.m.
Our Lady of Perpetual Help
4560 Princess Anne Road, Virginia Beach, VA 23462



Presented by: Tidewater Arts Outreach

Hosted by: Our Lady of Perpetual Help

Sponsored By: PRA Group

Anyone Can Dance® is a program of adaptive dance created by **Judith Sachs**, a certified dance and exercise facilitator. It is designed for people 65 and over, or for those who may have physical restrictions and who use a wheel chair or a walker. Benefits include aerobic conditioning and improved flexibility, coordination, posture, muscle tone, attitude and body image.

WHO SHOULD ATTEND:

- Activity Directors and staff
- Therapeutic Recreation Specialists
- RNs, LPNs, CNAs, OTs, PTs
- Exercise, and dance teachers and therapists
- Caregivers and home health workers
- Healthcare Administrators, social workers
- Chaplains, volunteers
- Others interested in providing adaptive music programs for elders and others with physical limitations

PARTICIPANTS WILL LEARN:

- How adaptive movement set to appropriate music and rhythm can affect balance, gait, fear of falling and recovery from falls.
- The best ways to approach movement with different groups, including those in wheelchairs and walkers, within an “able-bodied” class.
- How to select appropriate music and choreography to motivate participants and enable persons with different abilities to be part of a group dance experience.
- Provide opportunity for dance teachers to learn the flow of choreography and the sit-to-stand format of class.



Judith Sachs is a certified dance and exercise facilitator. She currently teaches Silver Sneakers® and Dance for Parkinsons®, as well as her own brand, Anyone Can Dance®. She has been dancing since the 60’s, when she studied with Alvin Ailey, Deborah Jowitt, Arthur Mitchell and others. In spite of two hip replacements, she has been teaching chair dance, tai chi and yoga to seniors and mixed classes since 1996.

ANYONE CAN DANCE® - a Dance/Movement Facilitator's Training

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First Name	Last Name	Title
Organization	Address	City, State, Zip
Email	Work No.	Cell No.

\$40 general registration includes materials \$30 discounted registration for staff from Tidewater Arts Outreach partner organizations and seniors 65 and better. Space is limited to 30 participants. For more information or online registration payment, call or email: MaryAnn@TidewaterArtsOutreach.org, 965-5955.

