

DAPpers: Dance for All People!

DAPpers is a multigenerational dance class designed for people with movement challenges and aging bodies.

We believe in the power of all people to find vitality and creativity through dance, music, and dialogue in a welcoming community.



Led by Rachel Balaban
Regional Coordinator,
Dance for PD

Why Dance for All People?

- Improve balance, coordination & flexibility
- Build core strength and confidence in movement
- Release tension and encourage deeper breathing
- Enjoy inspiring music in a safe, supportive environment
- Connect and socialize with others

**Tickets
online
\$20**

September 2nd, 2-3pm
Fishers Island Community Center

No experience needed & Caregivers welcome

Questions?

Balaban.Rachel@gmail.com or 401-261-7062

