

HOME CARE ASSISTANCE OF RHODE ISLAND PRESENTS:



Date: Sunday March 11, 2017

2:00PM - 4:00PM

Where: North Kingstown Public Library  
100 Boone St. North Kingstown, RI



### **WE ALL CAN DANCE! - The Joy of Moving to Music**

*"People who dance frequently have greater cognitive reserves and an increased complexity of neural synapses. Dancing will cause the brain to rewire its neural pathways, which helps with neuroplasticity."* Dr. Robert Katzman

### **For Caregivers and all those interested in healthy longevity.**

Come and learn about the extraordinary benefits of moving to music with Elizabeth Robinson. With a special introduction by Patricia Schumacher about the latest brain research on positive aging. You don't need a prescription for this medicine!

**\* No experience necessary! This is our 3rd workshop in the four-part series for Caregivers. Certificate of completion available with four classes!**

#### **Patricia Schumacher, RN**

Owner of Home Care Assistance of Rhode Island is a thought-leader on healthy aging with a depth of experience in promoting brain health and quality of life among the senior population. Patricia is committed to ensuring that seniors and their families are informed, educated and empowered to proactively navigate the waters of the aging experience.

#### **Elizabeth Robinson, Certified Journey Dance Facilitator**

Elizabeth has been studying the healing arts, creative arts, dance, psychology, and the physical body for many years. She holds a BA in psychology from the University of Massachusetts.

Please Register on Eventbrite or call 401-284-0979.

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*"Changing the Way the World Ages"*