

**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.

FEBRUARY 8, 2024

MARCH 5, 2024

APRIL 1, 2024

APRIL 29, 2024

JUNE 3, 2024

JULY 1, 2024

5:15-6:15PM IN CHAM 2 ROOM 1

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 pselwv@montefiore.org/(718) 920-8434



Montefiore

To Your HEALTH!
Montefiore for a Healthy You