

MUSIC & MOVEMENT CLASSES FOR OLDER ADULTS TAUGHT BY SUSANNÉ BROWN

Dalcroze Eurhythmics for seniors is more than a simple physical activity: it stimulates (among other things) balance, coordination, attention, concentration, and memory. It develops musicality, imagination and relaxation in a friendly and social environment. In a typical class, participants move to the music, synchronize movements with musical rhythms, follow a partner's movement, react quickly to musical signals, interact with people and objects, and follow verbal instructions and musical cues. Some activities are more structured, while others are improvised with creativity.

CLASSES START **MARCH 25** **12 WEEK PROGRAM**
FREE! *** OPEN TO ALL** **1:30 – 2:30 | 1 HOUR**
WEDNESDAYS

TO REGISTER, PLEASE CONTACT THE MARITIME CONSERVATORY AT 902-423-6995

This class is part of a Research Project looking at music and movement classes for older adults for improved health, in partnership with the Music and Health Research Institute at The Royal Ottawa Mental Health Centre. Funded by a SSHRC, there are currently international partners with study groups in six countries. The goal of the research project is to explore how music and movement activities favourably affect health and well-being in older adults, and to test the effects of Music and Movement (Dalcroze Eurhythmics-based program) on brain function in cognitive-motor dual task conditions and cognitive function, gait performance and balance.

If you have questions about this project, please email Susanné at spbrown@bellaliant.net

**Participants may be approached for research.*