

Inner Moves

EDUCATION

MIND

MOVEMENT

DANCE



**Thursday April 12 in the
Centre's South Hall from 1:00 to 2.30**

**Refreshments will be served
cool drinks, fruit and nuts**

**This demonstration MMD
program has been
developed by Tanya Brooks.
Tanya's program for Seniors is
designed to improve
memory, concentration,
reduce stress and reduce
blood pressure.**