



Shake-it-Out Dance Party

When the body feels good, the mind does too! Join us for this fun, supportive, and artistic way to better health! Dancing is a healthy and effective way to shake out all the tension you're carrying around with you every day, and it provides a creative outlet to express yourself with your whole body. You don't have to be a "good dancer" – just move, wiggle, shake, and have fun.

**Third Wednesday of each month,
3–4 P.M.**

No need to register, but space is limited. Masks must be worn and social distancing required.

To learn more, call 540-536-4981