

Smooth Moves

A dance class for older adults

Improve balance and enhance coordination and flexibility in a fun social setting!

Cost: \$25 per person
per 12 week session

Where: St. Camillus

When: Thursdays
4:30 pm - 5:30 pm
May 6th to
July 22nd, 2010

* Participants will need to sign-up and obtain medical clearance forms PRIOR to participation.

** People with various levels of ability are encouraged to attend.

For more information,
or to sign-up, call 488-2112.

The Centers at St. Camillus
813 Fay Road, Syracuse, NY 13219

Classes are led by dance instructors and licensed physical therapists: Julie Lombardi, PT, DPT and Elizabeth Yates-Horton PT, DPT.

THE CENTERS AT
 **St. Camillus**