



CREATIVE
aging CALGARY
SOCIETY

Oct. 19. 2015 (1:00-4:00PM)

THE JOY OF MOVEMENT

Join us for a remarkable half day
with Tina Thrusell

This afternoon gives both health care professionals and everyday people an opportunity explore the health and wellness benefits of joy-inducing movements such as: The Brain Dance, The Breath of Joy, 1-2 Breathing, Moving meditation and the Nia Technique.

COST:

\$10.00

(Payable at the door)

Please RSVP

Norma Karlinsky

nkarl@shaw.ca

PLACE:

*Confederation Park
55 Plus Activity Centre
2212 13 St. N.W.*

Calgary

***Please Sign-Up for our
FREE Membership***

[*www.creativeagingcalgary.com*](http://www.creativeagingcalgary.com)