



Life with Cancer®

## Dance/Movement Therapy:

# Moving, Releasing and Restoring the Body



January 17, February 21, March 21

11:30AM - 12:30 PM

Life with Cancer Family Center

8411 Pennell Street, Fairfax, VA 22031



This movement group will meet the individual where they are and allow time for bonding and social support, expressive and meaningful movement, slowing down the pace of life and connection to self and body.

No experience is necessary, just a willingness to explore and be a part of a supportive, creative community. Once registered please call 703.698.2526 to cancel if you cannot attend so someone else may attend.



**This class series is offered at no charge thanks to community support.**

**To register:**

**go to [www.lifewithcancer.org](http://www.lifewithcancer.org) or call**

**703.698.2526**