



Senior Connection

Speakers Bureau Presentation

“How Dynamic Movement Scientifically Heals Disease”

Mary Heller, owner of Mary Heller Dance Arts, M.F.A. in Dance, Florida State University, Kinesiology based, currently Adjunct Professor in Dance at Yavapai College, Full-time Lecturer in Dance at University of Idaho 2006-2011, will talk about how dynamic movement has been shown to significantly improve our physical health, as well as our mood, outlook and memory. You can't just keep moving, one must do dynamic movement to allow healing of diseases to take place. Numerous studies prove that doing three, specific, key things re-wires the brain, not just any movement modality. This can be done in, and with chairs, and not in the way one usually sits in a chair.

She will explain how dynamic movement, when practiced over time, can prevent disease, as well as heal cognition decline, balance, Parkinson's, MS, Alzheimer's, neurological and neurodegenerative disorders.

FREE ADMISSION

RSVPs Appreciated to:
Debbie@SeniorConnection.us or (928) 778-3747

Date: Thursday, January 17

Time: Noon - 1 p.m.

Location: Prescott Valley Christian Church

Prescott Valley Christian Church
7655 E Long Look Drive, Prescott Valley
Corner of Long Look & Loos Drive

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