

# **“How Dynamic Movement Scientifically Heals Disease”**

**Tuesday, August 7  
2-3pm**

## **SOCIAL ROOM**

Mary Heller, owner of Mary Heller Dance Arts, will talk about how dynamic movement, and dancing in particular, has been shown to significantly improve our physical health, as well as our mood, outlook and memory. Numerous studies indicate that dancing to music and with other people simply in the same space, re-wires the brain. This can be done in, and with chairs as well, and not in the way one usually sits in a chair. This is a strategy used by injured dancers as young as 7 years old to heal.

She will explain how dancing, when practiced over time, can prevent disease, as well as positively affect cognition, balance, Parkinson's, MS, Alzheimer's, neurological and neurodegenerative disorders. And, she will discuss the triggers, assumptions and beliefs that most people have that stop them from feeling good about the dance experience.

**FREE ADMISSION**

**Info & RSVP:  
(928) 445-9300**

**Las Fuentes Resort Village  
1035 Scott Drive, Prescott**