



MEDAFIT

&

Exercise to Health

present

DANCE .....MOVEMENT .... FITNESS

## MOVING TOWARD HEALTH

**DANCE & MOVEMENT FOR SERIOUS AND CHRONIC  
ILLNESS OR PAIN**

(No prior movement experience necessary)

INSTRUCTORS: **DR ILENE SERLIN, PH. D.**

NATIONALLY ACCLAIMED DANCE & MOVEMENT THERAPIST

& **JOY GOTTLIEB MS**

SOMATIC MOVEMENT THERAPIST

**When: Every Thursday, 10:50 - 11:50**

**Where: Five Points Fitness Gym**

5651 Paradise Drive, Corte Madera (next to Paradise Foods; 2 min from Mall)

**Fee: \$10 per class payable at the door**

