

8-WEEK TRAUMA-INFORMED
MOVEMENT PROGRAM FOR WOMEN

The Body *Remembers...* Healing Is Possible.

Have past experiences left you feeling...

-  Feeling stuck or disconnected?
-  Ready for a new path toward healing?

You are not alone. 



Join us for a **FREE** 8-week trauma-informed movement program for women designed to support healing through movement, connection, and self-expression.

Intentionally Small Group
FOR CONNECTION & SAFETY

WOMEN
**18 &
OLDER**

What to Expect: 

-  A safe and welcoming environment
-  Community and connection
-  No dance experience needed
-  Light refreshments provided



Bonus Incentives

- Weekly gift card raffles
- Raffle for a portrait session celebrating self-expression and empowerment



WHERE

Claymont
Community Center
Claymont, Delaware



WHEN

Saturdays
9/12/2026 –
10/31/2026



TIME

10a–12p



INTERESTED?

Contact:

akilgoe@udel.edu



SCAN HERE TO
LEARN MORE &
SIGN UP!

Healing doesn't always happen through words.

SOMETIMES HEALING BEGINS WHEN THE BODY IS GIVEN PERMISSION TO MOVE.

