



MCDOWELL HEALING ARTS CENTER

In Collaboration with

KATHERINE GRACER PRESENTS:

**FREE
EVENT**

THERAPEUTIC MOVEMENTS

**FREE
EVENT**

TUESDAY 6:30 PM -
August 8th, 2023 7:30 PM

Adults & children aged 15+.

No cost to attend.

Register by 8/7/2023.

Open to general public & no dance experience needed!

*Learning coping mechanisms through soothing movements, dance, and music to better regulate the nervous system

*Movements can reshape the narrative of traumatic experiences

*Structure of class may include an introduction to topic and attendees - middle may consist of connecting the mind, body, and spirit - closing may review tools learned



Event will be held in lower level - not handicap accessible

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