



THE
CREATIVE AGING CIRCLE
PRESENTS

in collaboration with Performing Arts Lodge Supporting Cast

MUSIC + MOVEMENT FOR HEALTH A FREE WORKSHOP FOR SENIORS



Wednesday, April 10

2:00 pm to 4:00 pm

**Performing Arts Lodge
110 The Esplanade**

Welcome to the joyous world of music and movement with the internationally acclaimed musician and educator Brian Katz. Enjoy this amazing workshop that combines singing, sounds, improv, movement explorations and musical games. It's fun and easy...no music or singing experience necessary!

Brian Katz is an adjunct professor of music at the University of Toronto and York University and teaches the course "Music for Health and Wellness". His research focuses on how music and movement enhance brain function and memory as we get older!

Brian will also give a performance.

Check out The Creative Aging Circle on Facebook for more information!

To register contact Shawne Macdonald
creativeagingcircle@gmail.com or call
(416) 368-8302.



Funded by

