



Inclusive Dance workshop

For Caregivers and Direct Support Professionals

Come and experience how the Danceability method can enrich your understanding of giving care while supporting independence. This is an opportunity to care for yourself while learning valuable tools.

No experience necessary. All people welcome.

Sunday February 9th 1-5pm

The Mala Room, 192 Front Street, Bath, Maine

Cost: \$45

Please **register by 1/31** at Michaela@sparkdanceprogram.org 207-798-1995