

UNO'S THE MOVING COMPANY & XANDI JOHNSON MEMORIAL FUND
PRESENTS

Reach For It

Spring 2025 Session

A FREE program of movement for older adults and persons with Parkinson's hosted online by Danielle Laurion for Spring 2025!

Participants will exercise and have fun using the fluidity of dance to work on balance, strength, movement, and coordination. *Reach For It* combines the easy-going interaction of a group with movement tailored to the individual participant's level of mobility.

Director & Lead Teacher, Danielle Laurion, MA, BC-DMT, GLCMA, LMHP is a dancer, educator, dance/movement therapist, arts advocate, and choreographer in the Omaha area and adjunct professor at UNO. Her specialty lies in working with different specialized populations to integrate the mind and body through movement.

SPRING 2025 ZOOM

March 13th - May 29th*

Thursdays, 3:30-4:40pm

*No Class May 1st or 8th

Register through the QR Code or use the link:

<https://forms.gle/aq9KJiYTS5RSkCHr5>



Email us to join our email list for updates!
reach.for.it.dance@gmail.com



Reach For It



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