



GERAS DANCE

Did you know dancing is beneficial for brain health and physical function including balance?

The YMCA has partnered with GERAS Centre for Aging Research at Hamilton Health Sciences. This fun 12 week dance program is designed for older adults who may have early cognitive or mobility impairments.

Included in YMCA membership or for a program fee.

Les Chater Family YMCA
356 Rymal Rd. E., Hamilton
January 9 to March 27
Monday & Friday 2:00-3:00pm

Ron Edwards Family YMCA
500 Drury Lane, Burlington
March 7 to May 25
Tuesday & Thursday 11:00 am-12:00 pm

Registration is required

