



## VITAL & CREATIVE: EXPRESSIVE MOVEMENT FOR AGES 55+

10:30 a.m. to noon | Wednesdays, October 2 through November 20  
Celebration and Showcase noon-1:00 p.m. November 20

Learn about, try different dance forms, and discover how any movement can become dance in this eight-week course for adults ages 55 and older. Museum curators share museum collection objects related to dance in Alaska, and local artists support participants in exploring different movement styles. Each session builds on previous sessions, providing a broad understanding of various dance forms and ways to make dance pieces. The course culminates with participants working together to create their own dance compositions. Sessions involve movement but are designed for all levels, abilities, and mobilities; no previous dance experience needed. **Free, thanks to the support of Aroha Philanthropies, which underwrote class costs, including materials and tuition.**

*Funding for and assistance with arranging transportation available.*

*Visit [www.anchoragemuseum.org/vital](http://www.anchoragemuseum.org/vital) to register for all eight sessions.*

*Please email [mudevitz@anchoragemuseum.org](mailto:mudevitz@anchoragemuseum.org) if you have questions.*