

ENJOY DANCE & HELP RESEARCH ON HEALTHY AGING!

Colorado State University researchers are investigating the effects of dance activities on the aging mind and brain. This study is a continuation of our research published in 2017, which was covered by the NYT and CNN.

Walk, Stretch or Dance? Dancing May Be Best for the Brain

The New York Times



5 reasons why dancing is good for your health

Now you can be part of it, too! We are looking for volunteers to participate in a **5-8-week** program related to dance. 1-hour classes will be conducted twice per week (**total 16 classes**) in May 2018. **PARTICIPATION IS FREE, anonymous and voluntary.**

To participate, you must:

- Be able to engage in moderate physical activity for 1 hour
- Move around without support
- Complete cognitive testing before and after the 8-week program

If you are interested, contact us:

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