



Begin the New Year having
fun and feeling good!

2020 → 2021

Class will be held on Thursday for 6 weeks

Weekly class begins
Jan. 14th - Feb. 18th
2:00 pm to 3:00 pm

Tame the Pain
Virtual Class

Seniors in Motion

NewBridge Services Tame the Pain program, in collaboration with LIFE Center Stage and the Syzygy Dance Project are proud to present Seniors In Motion! Join us for an inspirational class that teaches how to remove tension and pain as you explore the power of rhythm through music and movement. This class begins by warming up your body and loosening your joints. As you get more comfortable you will find your dance gets bigger and freer increasing movement, easing pain, and releasing tensions. The only side-effect is a feeling of well-being and joy.

Call Beth for more information: 973-686-2242

Each attendee who participates in the program will receive a gift card!
To register online go to: <http://weblink.donorperfect.com/seniorsinmotion>

SYZYGY
DANCE PROJECT

LIFE
CENTER STAGE


NewBridge
50+ Years of Service

Tame the Pain is funded by a grant from the New Jersey Department of Human Services.