



## SurviveWell Programs: Dance & Movement Therapy

Dance Movement Therapy is a way to help individuals who have been through cancer treatment reconnect with their bodies in a gentle, fun, and healing way. This program will engage participants in coordinated movements with breathing and in synchrony with others cultivating a feeling of peace and relaxation.

*Programs will be scheduled when  
COVID-19 restrictions allow.*

**Please call 847.535.7441 to for  
more information.**