

# Moving the Moment

**Come Experience this Creative Dance Class and Meet the Instructor on Wednesday, January 28<sup>th</sup> from 9:30-10:30!**

Moving the Moment sessions are designed to relieve physical tension, and increase vitality, flexibility, coordination, grace, and creative confidence.

***Dance is for Everyone!***

**Regular classes on begin February 4<sup>th</sup>  
Wednesdays, 9:30am - 10:30am**

**Milton CHEER Center  
24855 Broadkill Road**

**For more information contact:**

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** CHEER**  
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*Janaea Rose Lyn  
Dance Artist & Educator*

